



Eating plan for Blood type O

Day 1

Breakfast

Puffed rice/millet from supermarket health food section, rice milk and berries

Morning tea

Piece of fruit (plum, Apple- refer to sheet)

1 small handful Pumpkin seeds

Lunch

Chicken or turkey (1/2 breast)

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

Or shake

Afternoon tea

1 cup Veggie chips (Ajita's brand)

Dinner

Tomato soup (see recipe sheet for type O)

Dried figs or dates with a small handful of raw almonds

Day 2

Breakfast

2 Organic eggs with chopped red onion, tomato and onion scrambled

Morning tea

Carob Walnut brownies (see recipe sheet)

Lunch

Shaved Turkey or Beef and salad oon tea

Small handful pumpkin seeds

Dinner

Salmon cutlets with steamed vegetables

1 row of chocolate

Day 3

Breakfast

Puffed rice/millet from supermarket health food section, rice milk and suitable fruit

Morning tea

Walnuts and choice of fruit from list

Lunch

Tuna, fetta 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

Roast chicken (skin removed)

Spinach, pumpkin, zucchini and carrots

Baked apple with sultanas for desert or 1 row of chocolate

Day 4

Breakfast

2 eggs boiled for 6 minutes, or omlete with steamed spinach

Morning tea

Dried fig and carob balls

Lunch

Left overs from dinner Or shake

Afternoon tea

Healthy smoothie- made on rice or soy milk with banana or berries (except strawberry) 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

Muesli and 1 piece of fruit

Morning tea

Carob almond cookies

Lunch

Shake or smoothie

Afternoon tea

Fruit and walnuts or pumpkin muffin from recipe sheet

Dinner

Taco's or nachos with Turkey or lean beef mince. Salad- grated carrot, green leafy lettuce chopped & tomato, & a sprinkle of mozzarella cheese.

Day 6

Breakfast

2 Organic eggs with chopped red onion, tomato and onion scrambled

Morning tea

Celery, carrots stick, 4 cubes of mozzarella

Lunch

Super Broccoli salad (refer to recipe)

Afternoon tea

Fruit and nuts

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

Fruit salad (check fruits from list)

Day 7

Breakfast

1 cup Puffed rice/millet cereal and rice milk

Morning tea

Rice crackers and hommous

Lunch

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

Afternoon tea

Pumpkin 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