**Blood Type O Diet**

**Breakfast**

According to EveryDiet, a typical breakfast on a blood type O meal plan might consist of toasted Ezekiel bread spread with butter, vegetable juice, fresh fruit and herbal tea. While most cereal grains aren't recommended for type O people, Ezekiel bread, which is prepared from sprouted grains like spelt, soybeans, barley, millet and wheat, is acceptable, says D'Adamo. Essene bread can also be used. The best fruits for type O people are cherries, plums, figs and prunes, though fruit like apples, bananas, pears, peaches, grapes and kiwi can be eaten up to two times a week.

**Lunch**

Lunch for a type O person on the Blood Type diet could be a spinach salad topped with slices of lean beef and paired with fresh fruit. D'Adamo advises that beef, lamb and venison are the best choices for people with type O blood, though rabbit and poultry like turkey, duck or chicken can be eaten a few times weekly. Choose lean, organic cuts whenever possible and use extra-virgin olive oil for cooking, basting or marinating. Other salad vegetables that are recommended for type O people include dandelion greens, escarole, romaine lettuce and Swiss chard.

**Dinner**

Fresh fish is highly recommended for type O people on the Blood Type diet, and dinner could consist of grilled fish with a variety of steamed or roasted vegetables. Seafood such as red snapper, salmon, cod, halibut, sole, mackerel and pike are supposedly the most beneficial, but flounder, mahi mahi and shellfish like mussels, clams, crab, shrimp and lobster are also fine occasionally. D'Adamo advises that type O people should include plenty of beets, broccoli, onions, sweet potatoes, turnips and okra in their diet, while avoiding cabbage, eggplant, mushrooms, red or white potatoes, cauliflower and corn.

**Snacks**

A snack on the Blood Type diet for a person with type O blood could include fresh fruit, sliced raw vegetables, gluten-free cake, roasted pumpkin seeds or walnuts. Sunflower seeds, almonds, pecans, macadamia nuts and rice cakes can be eaten one or two times a week, but D'Adamo cautions that type O people should strictly avoid peanuts, pistachios and fruits like cantaloupe, strawberries, blackberries or tangerines, as well as any product that contains refined sugar.