Blood Type Diet

TYPE A

* Style: Vegetarian
* Recommended: Kale, carrots, extra virgin olive oil, cod and pinto beans
* Not Recommended: Red meats, dairy and wheat products

TYPE O

* Style: Meat Eaters
* Recommended: Pumpkin seeds, beef, figs, Eziekiel breads and garlic
* Not Recommended: Cabbage, cauliflower,  bacon and yogurt

TYPE B

* Style: Omnivore
* Recommended: Lamb, rice milk, artichokes, turkey and oats
* Not Recommended: Chicken, corn, tomatoes and pomegranates

TYPE AB

* Style: Mixed Diet
* Recommended: Grapes. peanuts, broccoli, lamb and plums
* Not Recommended: Shellfish, mangoes, avocado, whole milk and chicken