**O Positive Blood Type Diet**

**Dietary Plan:**

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| --- | --- | --- | --- | --- |
| Suggested  | Recommended | Avoided | OccasionallyAcceptable | Highly Beneficial |
| Lean meats and fish | Chicken, turkey, beef and buffaloVegetablesMost Fruits | with bluefish, salmon, sardines, flounder, cod and sole, while pork and goosecabbage, olives, potatoes, mushrooms, corn, eggplant, and cauliflower. Figs, plums, and prunesblackberries, oranges, strawberries, melons, coconuts, plantains, tangerines, and rhubarb | butter, goat cheese and fresh mozzarella | olive oil |

**Sample Meal Recommendations:**

* Lamb chops, sole, or buffalo steaks with salad (containing extra virgin olive oil) and vegetables
* Organic eggs with baked yams
* Rice pasta with pesto and vegetables
* Limited Ezekiel bread with meals
* Snacks including walnuts and black mission figs