**O Positive Blood Type Diet**

**Dietary Plan:**

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| --- | --- | --- | --- | --- |
| Suggested | Recommended | Avoided | Occasionally  Acceptable | Highly Beneficial |
| Lean meats and fish | Chicken, turkey, beef and buffalo  Vegetables  Most Fruits | with bluefish, salmon, sardines, flounder, cod and sole, while pork and goose  cabbage, olives, potatoes, mushrooms, corn, eggplant, and cauliflower. Figs, plums, and prunes  blackberries, 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