**A Positive Blood Type Diet**

A few simple guidelines:

* Avoid all smoked or cured meats.
* Don’t eat pickled foods.
* You thrive on most veggies. Eat as much as you can.
* Eat fruits at least three times a day.

**DAY 1**

**BREAKFAST:** Boiled egg with toasted rye or essene bread. Blueberries and gooseberries with a little plain yoghurt. Coffee or green tea

**SNACK:** Rice cake with peanut butter sprinkled with flaxseed

**LUNCH**: Lentil salad with leeks, parsley and beetroot leaves (don’t include bell peppers) and green bean salad with mange tout, baby peas and raw mushrooms with an olive oil salad dressing. Carrot and celery juice or green tea

**SNACK**: Dried apricots and small handful of almonds

**SUPPER**: 120 g ostrich steak or fish with pumpkin and steamed broccoli. Glass of red wine (optional). Ginger or chamomile tea

**DAY 2**

**BREAKFAST**: Muesli with rolled oats and puffed rice and soya milk, sprinkled with pumpkin seeds. Aloe juice.

**SNACK**: Plum with small handful of peanuts.

**LUNCH**: Bean salad (no bell peppers). Quinoa with roasted butternut and feta, olive oil, lemon juice and parsley. Green tea (avoid Ceylon tea).

**SNACK**: Rice cake with soya or goat’s cheese.

**SUPPER**: Stir-fried vegetables: broccoli, spinach, carrots, onion, garlic, ginger and soy sauce. Add tofu or thin strips of chicken breast. Green tea or coffee.