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, Ezekiel 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