

Blood Type O Shopping List



GOING SHOPPING

FRUITS & VEGETABLES



Fruits

low sugar fruits

Plums
Figs
Prunes
Pumpkin



Vegetables

however much you want

Sweet potatoes Garlic
Lettuce Spinach
Carrots Kale
Onion Brussels sprouts
Cauliflower Celery
Broccoli
Cucumber

HEALTHY FATS

Olive oil
Flaxseed oil

PROTEIN



Meats

Lamb
Beef
Buffalo



Fish

Salmon
Sardine
Herring
Sardines

