

# Eat Right 4 Your Type

150+ Healthy Recipes for Your Blood Type Diet\*

TYPE B

PERSONALIZED COOKBOOK



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## SHOPPING LIST TYPE B

[www.4YourType.com](http://www.4YourType.com)

| PRODUCE:  | DAIRY:  | MISCELLANEOUS:   |
|---|---|--|
| <input type="checkbox"/> Beets<br><input type="checkbox"/> Broccoli<br><input type="checkbox"/> Cabbage<br><input type="checkbox"/> Carrots<br><input type="checkbox"/> Eggplant<br><input type="checkbox"/> Ginger<br><input type="checkbox"/> Kale<br><input type="checkbox"/> Peppers<br><input type="checkbox"/> Sweet potatoes<br><input type="checkbox"/> Bananas<br><input type="checkbox"/> Cranberries<br><input type="checkbox"/> Grapes<br><input type="checkbox"/> Pineapple<br><input type="checkbox"/> Watermelon | <input type="checkbox"/> Eggs<br><input type="checkbox"/> Butter<br><input type="checkbox"/> Mozzarella cheese<br><input type="checkbox"/> Feta cheese<br><input type="checkbox"/> Cottage cheese<br><input type="checkbox"/> Goat cheese<br><input type="checkbox"/> Ricotta<br><input type="checkbox"/> Cow milk<br><input type="checkbox"/> Yogurt | <input type="checkbox"/> Olive oil<br><input type="checkbox"/> Walnuts<br><input type="checkbox"/> Almonds<br><input type="checkbox"/> Almond butter<br><input type="checkbox"/> Kidney beans<br><input type="checkbox"/> Navy beans<br><input type="checkbox"/> Spelt bread<br><input type="checkbox"/> Oat bread<br><input type="checkbox"/> Parsley<br><input type="checkbox"/> Pepper, cayenne<br><input type="checkbox"/> Ginger tea<br><input type="checkbox"/> Peppermint tea<br><input type="checkbox"/> Green tea |
| BAKING:   | MEAT/SEAFOOD:   | OTHER:   |
| <input type="checkbox"/> Spelt flour<br><input type="checkbox"/> Brown rice flour<br><input type="checkbox"/> Oat flour<br><input type="checkbox"/> Millet flour<br><input type="checkbox"/> Baking powder<br><input type="checkbox"/> Sea salt<br><input type="checkbox"/> Blackstrap molasses<br><input type="checkbox"/> Agave   | <input type="checkbox"/> Lamb<br><input type="checkbox"/> Venison<br><input type="checkbox"/> Turkey<br><input type="checkbox"/> Cod<br><input type="checkbox"/> Flounder<br><input type="checkbox"/> Salmon<br><input type="checkbox"/> Mahi Mahi<br><input type="checkbox"/> Halibut  | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/>   |