

### Let's Start with the Fridge

Here is a list of basics to keep in your kitchen knowing that there will be times when meals have to be spontaneous. If you have essentials from your Blood Type O Beneficial and Neutral lists on hand, no matter what you make, it will be something good for you.

#### **SALAD BASE**

Pick your favorite greens or mix it up each time you go to the grocery store, keeping these salad base options in mind:

##### **Beneficials**

Arugula	Boston lettuce	Red leaf lettuce	Bibb lettuce
Escarole	Romaine		

These will give you a great start for a last-minute salad, or provide added crunch to a sandwich.

#### **ROASTED VEGETABLES**

The best thing you can do for yourself is to keep hearty, fresh vegetables on hand to roast for dinner. Make in bulk to add to the next day's last-minute salad, or add to a frittata for breakfast. Roasted vegetables are a terrific leftover to keep on hand. Most vegetables work well when tossed with olive oil, sea salt, and roasted in a 375-degree oven for 12 to 20 minutes (depending on the size and density of the vegetables.) Here are a few that are both Beneficial for Blood Type 0 and take well to roasting:

##### **Beneficials**

Broccoli	Parsnips	Sweet potatoes	Kale
Turnips	Onions		Pumpkin

##### **Neutrals**

Asparagus	Carrots	Fennel	Beets
Celeriac	Tomatoes	Brussels sprouts	Eggplant
Peppers			

#### **FRUIT**

Fruit is a perfect snack paired with nuts or nut butters, but you can also use fruit to make desserts, or add dried fruit to cereal or salads. Some fruits even work well in savory dishes. Below is a list of Beneficial fruit for Type 0:

##### **Beneficials**

Bananas	Figs (dried)	Blueberries	Plums
Guava	Prunes	Cherries	Mango

#### **MILK**

Although Type Os cannot have cow's milk, it's great to have an alternative on hand for smoothies, cereal, some soups, and baked goods. Acceptable milk options for those with Type 0:

##### **Beneficials**

Hemp milk	Rice milk (for Non-Secretor Type Os)
-----------	--------------------------------------

## **EXTRAS**

What about those things we all have hanging around in the door of our fridge like salad dressings, condiments, and relishes? Toss all those chemical-heavy bottles and jars and replace them with fresh, tasty, homemade options. Instead of ketchup, which contains vinegar (an Avoid for O's), use jarred tomato paste (the jarred kind is a little thinner and doesn't have that metallic taste from the cans). Tomatoes are highly acidic so they are among the most important foods to avoid buying in cans. The acidity in tomatoes will wear away at the lining of the cans that, in most cases, contains BPA, a hormone-disrupting chemical. Here are a few things that will save your taste buds from boredom:

### **Beneficials**

Carrot-Ginger Dressing\*

Honey-Mustard Dressing\*

Lemons

Fresh herbs: basil, parsley, oregano, thyme

Citrus Dressing\*

Herb Dressing\*

Ground flaxseed

Butter or ghee

Ketchup\*

\*Recipes can be found in the Eat Right 4 Your Type Personalized cookbook for Type O.

## **PROTEIN**

The Blood Type O diet is based on protein consumption, and Blood Type Os are meat eaters who don't need—and don't benefit—from a lot of grains, if any at all. Of course, keeping meat on hand is ideal for your diet. It's a good idea to keep two fresh proteins in the fridge at a time and then two to three in the freezer for backup (more on that later). Below are a few staples that are useful to have on hand. \*Please note, all poultry should be organic and all beef should be grass-fed and organic.\*

### **Beneficials**

Eggs

Beef tips

Ground beef (90 percent or leaner)

Lamb steaks (cheaper, and contain more lean meat than chops or rack)

Seafood (bass, cod, halibut, perch, pike, rainbow trout, red snapper, sole, sturgeon, swordfish, tilefish, yellowtail)

Leftovers (make extra meat and save it for lunch the next day or add to a casserole)

Walnut butter (Again, if your SWAMI Xpress or SWAMI GenoType personalized nutrition report indicates one type of nut that is Beneficial above the rest, use that one, and make your own nut butter by blending it raw in a high powered food processor until smooth.)

### **Beneficials**

Cheeses (feta, goat, mozzarella) If you use SWAMI Xpress or SWAMI GenoType, there could be cheeses that are more or less Beneficial than others, so focus on those.

Turkey tenderloins

Chicken

Nut butters (almond, macadamia, pecan). Almond butter is inexpensive and easily found in supermarkets or natural food stores.

## Filling up Your Freezer

### **SMOOTHIES**

A smoothie is a great alternative for breakfast or a perfect, protein-filled snack. Smoothies are great go-to recipes, so make sure to have ingredients for them at all times. Of course, use seasonal, fresh fruit as well. For a thicker consistency, mix in some frozen fruits and vegetables. Here are a few Beneficial options:

#### **Beneficials**

Blueberries	Kale	Cherries	Mango	Spinach
-------------	------	----------	-------	---------

#### **Neutrals**

Peaches	Pineapple	Raspberries	Strawberries (Avoid for O Non-Secretors)
---------	-----------	-------------	--

### **LEFTOVERS**

It is always helpful to double the recipe when making foods that freeze easily such as:

Chili	Pasta sauce	Cookies	Pesto
Crackers	Sauces	Lasagna	Stew
Muffins			

Pesto can be stored in BPA-free ice cube trays for individual servings.

### **PROTEIN**

Just like keeping fresh protein sources in your fridge, it is always helpful to keep at least a few options in the freezer as well. To defrost meats/poultry or seafood, take them out the day before and put them in the refrigerator. Listed below are terrific options to store in the freezer:

Beef tips

Ground beef (90 percent or leaner)

Lamb steaks (cheaper, and contain more lean meat than chops or rack)

Seafood (bass, cod, halibut, perch, pike, red snapper, rainbow trout, sole, sturgeon, swordfish, tilefish, yellowtail)

Turkey tenderloins/Ground turkey

Chicken

*\*Editors note: This is an excerpt for the Eat Right 4 Your Type Personalized Cookbook for Type O by Dr. Peter J. D'Adamo with Kristin O'Conner, copyright 2013*