

Snacks

The first thing we all go into the pantry for is a quick bite on the run or to pack a snack to ship off to school with the kids. It is important that these midday treats are balanced and wholesome. The best way to make sure that happens is to stock your pantry well. Here are a few staples for Blood Type O:

- Almond butter
- Brown rice cakes
- Dark chocolate (70 percent or higher)
- Dried fruit (cranberries, cherries, figs, prunes)
- Fresh fruit (bananas, cherries, plums, mangoes)
- Nuts (almonds, macadamia, pecans, walnuts)
- Pumpkin seeds

If you want to prep ahead for those times when you are in a rush, make individual servings of combinations of nuts, dried fruit, and maybe even a little dark chocolate. Store in small, re-sealable glass containers and take them in the car, on the plane, or anywhere you are headed.

Drinks

Drinking water is always the best option, but when you want to add a little flavor to your beverage repertoire, dabble in these Beneficial teas and try them plain, with some seltzer, or with a touch of lemon/lime or mint.

- Green tea
- Seltzer

- Ginger tea

- Dandelion tea

- Mint tea

Grains/Legumes

Grains are not really meant for those following the Blood Type O diet. In moderation, however, the grains listed below are terrific. Quinoa, for example, cooks in 12 minutes and is a light but filling side for a fast, weeknight dinner. Beans are a perfect addition to add satiating proteins and carbohydrates to salads, casseroles, stews, dips, and soups. Here's a highlight of Beneficial beans and grains:

- Adzuki beans
- Black-eyed peas
- Red Quinoa

Seasonings

Making healthy food taste good is non-negotiable. One quick trick to doing so is to know the way around your spice cabinet. Herbs and spices are calorie-free and flavor packed. The spices listed below also happen to be terrific for your Type O body. Keep a jar of Basic Gluten-Free Bread Crumbs on hand for a quick topping on a casserole, to bread seafood or poultry, and to add to meat loaf. Additionally, as much as you would like to repress your sweet tooth, it is an unrealistic expectation for most, so stock up on natural sweeteners like agave and maple syrup, but use sparingly. Here's a quick list of seasonings that are essential for the Blood Type O pantry:

Gluten-Free Bread Crumbs

Agave nectar

Maple syrup

Olive oil

Spices (allspice, basil, cardamom, cayenne, chili powder, cinnamon, cumin, curry, garlic, oregano, paprika, parsley, sage, salt, tarragon, thyme, turmeric)

**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*