

Fridge & Freezer Guide

BLOOD TYPE B

www.4YourType.com

Let's Start with the Fridge

Here is a list of basics to keep in your Blood Type B kitchen knowing that there will be times when meals have to be spontaneous. If you have essentials from your 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

Cabbage Kale

Neutrals

Arugula Escarole Spinach Boston Bibb Red-leaf lettuce

This will give you a great start to a last-minute salad or an added crunch to a sandwich.

ROASTED VEGETABLES

The best thing you could do for yourself is to keep hearty fresh vegetables on hand. They are perfect to roast for dinner, make in bulk to add to your last minute salad the next day, or throw in 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 to Type B and take well to roasting:

Beneficials

Beets Kale Broccoli Parsnips
Carrots Peppers Cauliflower Sweet potatoes/yams
Eggplant Turnips

Neutrals

Asparagus Potatoes Onions Celeriac
Squash Fennel Zucchini

Keeping a few of these vegetables in your fridge each week will come in handy and is a perfect way to add more Beneficials to your diet.

FRUIT

Most people don't have a problem incorporating fruit in their diet. It is a perfect snack, paired with nuts or nut butters, used to make desserts, and added to cereal or salads. Some fruits even work well in savory dishes. Below is a list of Beneficial fruit for Blood Type B:

Beneficials

Bananas Pineapples Cranberries Plums
Grapes Watermelon Papayas

MILK

Blood Type B's are among the few who benefit from cow's milk, which is a great source of protein. The best milk options for Blood Type Bs are: Nonfat or 2 percent cow's milk

PROTEIN

The Blood Type B diet is based on balanced protein and vegetable consumption, so it is important to keep a diverse supply of proteins to accompany vegetables and grains at each meal. We suggest keeping two fresh types of proteins in the fridge and then two to three in the freezer for backup. Prepare more meat than you

need and save the rest as leftovers to enjoy the next day for lunch or to add to a casserole. Here are a few staples that are useful to have on hand. Please note, it is recommended that all poultry be organic and all beef be grass-fed and organic.

Beneficials

Cheeses (cottage cheese, farmer cheese, feta, goat cheese, kefir, mozzarella, ricotta)

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

Nut butter (walnut butter made from black walnuts)

Seafood (cod, flounder, grouper, halibut, mahi mahi, salmon, sole)

Neutrals

Beef tips

Cheeses (Brie, Camembert, Cheddar, Colby, Cream Cheese, Gouda, Gruyere, Jarlsberg, Monterey Jack, Muenster, Parmesan, Provolone, Swiss)

Eggs

Ground beef (90 percent lean or leaner)

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

Seafood (catfish, herring, orange roughy, red snapper, squid, tilapia, whitefish)

Turkey tenderloins

Filling up Your Freezer

SMOOTHIES

Making smoothies is a great alternative for breakfast or a perfect protein-filled snack. They are a go-to recipe that you should be sure you have ingredients for at all times. Of course, fresh fruit can be used when in season. Mix in some frozen fruits and vegetables into the smoothie for a thicker consistency, however. Here are a few Beneficial options:

Beneficials

Bananas

Kale

Pineapple

Neutrals

Figs

Peaches

Strawberries

Mangos

Raspberries

LEFTOVERS

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

Chili

Lasagna

Sauces

Cookie

Muffins

Stews

Crackers

Pesto

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

PROTEIN

Just like keeping fresh protein options in your fridge, it is always helpful to keep at least a few in the freezer as well. To defrost meats, poultry, or seafood, take them out the day before and put them in the refrigerator. It is recommended that all beef be grass fed and organic.

Beneficials

Beef tips

Ground beef (90 percent lean or leaner)

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

Turkey (ground, tenderloins, whole)

Seafood (cod, flounder, grouper, halibut, mahi mahi, salmon, sole)

Neutrals

Seafood (catfish, herring, orange roughy, red snapper, scallops, squid, tilapia, whitefish)

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