



## Suggested Foods List ~ Non Blood Type Specific

### Protein Sources

Albacore tuna (in water)  
 Buffalo  
 Canned white meat chicken  
 Canned tuna (in water)  
 Chicken breast  
 Clams  
 Cod  
 Crab  
 Egg Beaters  
 Egg whites  
 Elk  
 Fat free cheese  
 Fat free/ 1% cottage cheese  
 Filet Mignon  
 Flank Steak  
 Flounder  
 Grouper  
 Haddock  
 Halibut  
 Keto Crisp Cereal  
 Keto Pasta  
 Lobster  
 Mahi Mahi  
 Mussels  
 Ostrich  
 Oysters  
 Perch  
 Pollack  
 Protein drinks/bars (sparingly)  
 Seitan  
 Salmon  
 Scallops  
 Sea Bass  
 Shrimp  
 Sirloin  
 Smart Ground  
 Snapper  
 Sole  
 Soy & Soy Beans  
 Texturized Vegetable Protein (TVP)  
 Tofu  
 Tempeh  
 Turkey breast  
 Venison  
 Yogurt (cow, soy, goat, greek)

### Complex Carbs

Amaranth  
 Barley  
 Bagels  
**Beans**  
   Black Beans  
   Butter Beans  
   Garbanzo Beans  
   Kidney Beans  
   Lima Beans  
   Navy Beans  
   Pinto, etc, etc  
 Black eyed peas  
 Cheerios Cereal  
 Corn Flakes Cereal  
 Corn tortillas  
 Couscous  
 Cream of rice  
 Cream of wheat  
 Grits  
 Hash browns (potato shreds)  
 Kamut  
 Lentils  
 Oat bran  
 Oatmeal  
 Quinoa pasta, flakes, flour etc  
**Pasta**  
   All kinds of Pastas  
 Peas  
 Popcorn  
 Potatoes red/blue/yellow/brown  
 Potato pancake  
 Rice crackers/cakes  
 Rice noodles  
**Rice:**  
   Basmati/Black/Brown  
   Jasmine/White/Wild Rice Blend  
 Shredded Wheat Cereal  
 Spelt  
 Split Peas  
 Spaghetti Squash  
 Whole grain bread  
 Ezekiel Sprouted Grain  
 bread/pasta/cereal etc  
 Manna Bread (sprouted)  
 Yams/Sweet Potatoes

### Fibrous Carbs

Artichokes  
 Asparagus  
 Bean Sprouts  
   Beets  
   Bok Choy  
   Broccoli  
 Brussels sprouts  
 Carrots  
 Cauliflower  
   Celery  
 Collard Greens  
 Cucumbers  
   Eggplant  
 Green string beans  
   Green peppers  
   Kale (all kinds)  
 Lettuce (mixed greens)  
   Mixed vegetables  
   Mustard Greens  
   Okra  
   Onions  
 Portobello mushrooms  
   Radishes  
   Red cabbage  
   Red peppers  
   Romaine Lettuce  
 Shiitake mushrooms  
   Snow peas  
   Spinach  
   Squash  
   Swiss chard  
   Tomatoes  
   Turnips  
   Zucchini  
**and so much more...**