

✓ New food database blood type AB - Vegetarian

BENEFICIAL FOODS

Food	Category	Priority	Breakfast	Lunch	Dinner
Firm tofu (grilled or sautéed)	Protein	High	Low	Medium	High
Lentils (boiled)	Carb / Protein	High	Low	Medium	Medium
Navy beans (boiled)	Carb / Protein	High	Low	Medium	Medium
Pinto beans (boiled)	Carb / Protein	High	Low	Medium	Medium
Walnuts	Fat / Nut	High	Medium	Low	Low
Natural peanut butter	Fat / Spread	High	Medium	Low	Low
Greek yogurt (plain)	Dairy	High	High	Low	Low
Kefir (plain)	Dairy	High	High	Low	Low
Feta cheese	Dairy	High	Low	Medium	Low
Goat cheese	Dairy	High	Low	Medium	Low
Mozzarella (fresh)	Dairy	High	Low	Medium	Low

Ricotta cheese	Dairy	High	Medium	Low	Low
Oats	Carb	High	High	Low	Low
White rice (boiled)	Carb	High	Low	High	High
Brown rice	Carb	High	Low	High	High
Rice cakes	Carb	High	Medium	Low	Low
Spelt (boiled)	Carb	High	Low	Medium	Medium
Millet (cooked)	Carb	High	Low	Medium	Medium
Sweet potato (roasted)	Carb	High	Low	High	High
Steamed broccoli	Vegetable	High	Low	High	High
Roasted cauliflower	Vegetable	High	Low	High	High
Celery (raw or steamed)	Vegetable	High	Medium	Medium	Low
Cucumber (raw)	Vegetable	High	Medium	Medium	Low
Grilled eggplant	Vegetable	High	Low	Medium	High

Garlic (fresh)	Vegetable	High	Low	High	High
Kale (steamed)	Vegetable	High	Low	High	High
Fresh parsley	Herb	High	Low	Medium	Medium
Seaweed (e.g. nori, wakame)	Vegetable	High	Low	Medium	Medium
Cherries	Fruit	High	High	Low	Low
Cranberries	Fruit	High	Medium	Low	Low
Figs	Fruit	High	Medium	Low	Low
Grapes	Fruit	High	Medium	Low	Low
Grapefruit	Fruit	High	Medium	Low	Low
Kiwi	Fruit	High	High	Low	Low
Lemon	Fruit	High	Medium	Low	Low
Pineapple	Fruit	High	Medium	Low	Low
Plums	Fruit	High	Medium	Low	Low
Watermelon	Fruit	High	Medium	Low	Low
Olive oil	Fat / Oil	High	Low	High	High
Walnut oil	Fat / Oil	High	Low	Medium	Medium
Hemp seed oil	Fat / Oil	High	Low	Medium	Medium

Dark chocolate (70%+)	Treat	High	Medium	Low	Low
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NEUTRAL FOOD

Food	Category	Priority	Breakfast	Lunch	Dinner
Scrambled eggs	Protein	Medium	High	Medium	Low
Boiled eggs	Protein	Medium	High	Medium	Low
Almonds	Fat / Nut	Medium	Medium	Low	Low
Chia seeds	Fat / Seed	Medium	High	Low	Low
Ground flaxseed	Fat / Seed	Medium	High	Low	Low
Hemp seeds	Fat / Seed	Medium	Medium	Low	Low
Cashews	Fat / Nut	Medium	Medium	Low	Low
Macadamia nuts	Fat / Nut	Medium	Medium	Low	Low
Pistachios	Fat / Nut	Medium	Medium	Low	Low
Butter	Fat	Medium	Low	Medium	Medium
Cheddar cheese	Dairy	Medium	Low	Medium	Low

Swiss cheese	Dairy	Medium	Low	Medium	Low
Almond milk (unsweetened)	Dairy Alt	Medium	High	Low	Low
Soy milk (unsweetened)	Dairy Alt	Medium	High	Low	Low
Quinoa (boiled)	Carb	Medium	Low	Medium	Mediu
Boiled potatoes	Carb	Medium	Low	Medium	Medium
Pumpkin (roasted)	Vegetable	Medium	Low	Medium	Medium
Carrots (steamed)	Vegetable	Medium	Medium	High	High
Cabbage (steamed)	Vegetable	Medium	Low	High	High
Spinach (saut)ed)	Vegetable	Medium	Medium	High	High
Onion (cooked)	Vegetable	Medium	Low	High	High
Bell peppers (grilled)	Vegetable	Medium	Low	High	High

(grilled)					
Zucchini (grilled)	Vegetable	Medium	Low	High	High
Apples	Fruit	Medium	High	Low	Low
Blueberries	Fruit	Medium	High	Low	Low
Strawberries	Fruit	Medium	High	Low	Low
Mango	Fruit	Medium	Medium	Low	Low
Pears	Fruit	Medium	High	Low	Low
Sesame oil	Fat / Oil	Medium	Low	Medium	Medium
Honey	Sweetener	Medium	Medium	Low	Low
Maple syrup	Sweetener	Medium	Medium	Low	Low
Basil	Herb	Medium	Low	Medium	Medium
Cinnamon	Spice	Medium	High	Low	Low
Paprika	Spice	Medium	Low	Medium	Medium
Rosemary	Herb	Medium	Low	Medium	Medium
Thyme	Herb	Medium	Low	Medium	Medium