

Let's Start with the Fridge

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

SALAD BASE

Pick your favorite greens or mix it up each time you go to the grocery store to have a great start to a last-minute salad or add crunch to a sandwich, keeping these salad base options in mind:

Beneficials

Dandelion greens Kale

Neutrals

Arugula	Endive	Romaine	Cabbage
Escarole	Spinach	Chicory	Red-leaf lettuce

ROASTED VEGETABLES

The best thing you could do for yourself is to keep hearty, fresh veggies on hand to roast for dinner, make in bulk to add to a last-minute salad, or to 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 and 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 Blood Type AB and take well to roasting:

Beneficials

Beets	Eggplant	Sweet potato	Broccoli
Kale	Cauliflower	Parsnip	

Neutrals

Asparagus	Fennel	Squash	Brussels sprouts
Pumpkin	Zucchini	Carrots	Rutabaga
Celeriac	Turnip		

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

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 AB:

Beneficials

Cherries	Watermelon	Cranberries	Pineapple
Grapes	Plums	Figs	

MILK

Keep milk in the refrigerator for smoothies, cereal, some soups, and baked goods. Below are the acceptable milk options for you as a Blood Type AB. Recipes in this book use a combination of the milks listed below but are mostly interchangeable, so if you only have one type of milk on hand, don't hesitate to substitute that for any milk suggested in a recipe.

Beneficials

Goat's milk

Neutrals

Almond milk
Nonfat or 2 percent cow's milk

EXTRAS

What about those things we all have hanging around in the door of our fridge, like salad dressings, condiments, and relishes? Toss away those chemical-heavy bottles and jars, and replace them with fresh, tasty, homemade options. Here are a few things that will save your taste buds from boredom:

Carrot-Ginger Dressing NS*	Citrus Dressing NS*	Herb Dressing NS*
Honey-Mustard Dressing*	Ground flaxseed	Ghee
Fresh herbs (basil, oregano, parsley, thyme)		

*Recipes Eat Right 4 Your Type Personalized cookbook for Type AB.

PROTEIN

The Blood Type AB diet is based on a combination of animal proteins, vegetable proteins, hearty grains, and fresh, pure fruits and vegetables. Try to diversify your sources of protein. A few Neutrals appear on this list, but focus on the Beneficials as often as possible. *Please note, it is recommended that all poultry be organic, and all beef be grass-fed and organic.*

Beneficials

Beans (lentils, navy beans, pinto beans, red beans)

Eggs

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

Meat (lamb, mutton, rabbit)

Nut butters (peanut butter). 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 butter in the food processor.

Nuts (chestnuts, peanuts, walnuts)

Poultry (turkey)

Seafood (cod, grouper, mackerel, mahi mahi, salmon, red snapper, snail, tuna)

Soy (soybeans, tempeh, tofu)

Neutrals

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

Filling up Your Freezer

SMOOTHIES

Making smoothies is a great alternative for breakfast, or a perfect protein-filled snack. Use fresh fruit in season, and mix in some frozen fruits and vegetables for a thicker consistency. Here are a few Beneficial options:

Beneficials

Cherries

Kale

Figs

Pineapple

Neutrals

Blackberries

Blueberries

Dates

Papaya

Peaches

Spinach

Strawberries

LEFTOVERS

It's 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

It is helpful for weeknight dinners to keep at least a few protein options in the freezer. To defrost poultry or seafood, remove from freezer the day before using and place in the refrigerator.

Meat (lamb, rabbit)

Seafood (cod, grouper, mackerel, mahimahi, salmon, red snapper, snail, tuna)

Turkey tenderloins/ground turkey

**Editors note: This is an excerpt for the Eat Right 4 Your Type Personalized Cookbook for Type AB
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