

Let's Start with the Fridge

Here is a list of basics to keep in your Blood Type A 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 to have a great start to a last-minute salad or add crunch to a sandwich, keeping these salad base options in mind:

Chicory	Red leaf lettuce	Spinach
Escarole	Romaine	

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 can do for yourself is to keep hearty, fresh vegetables on hand to roast for dinner, make in bulk to add to your last-minute salad the next day, or add to 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 for Blood Type A and take well to roasting:

Beneficials

Artichoke hearts	Kale	Broccoli	Onion
Broccolini	Parsnip	Carrots	Pumpkin
Fennel			

Neutrals

Asparagus	Celeriac	Beets	Rutabaga
Brussels sprouts	Squash	Cauliflower	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

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.

Beneficials

Apricots	Blackberries	Grapefruit	Blueberries
Lemons	Boysenberries	Limes	Cherries
Pineapple	Cranberries	Plums	Figs (Dried)
Prunes			

MILK

Although Blood Type As are not allowed cow milk, alternative milks are great to have on hand for smoothies, cereal, some soups, and baked goods. Acceptable milk options for you as a Blood Type A:

Beneficials

Soy Milk

Neutrals

Rice Milk

Almond Milk

EXTRAS

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

Beneficials

Carrot-Ginger Dressing NS *

Ghee

Fresh herbs: basil, oregano, parsley, thyme

Citrus Dressing NS *

Ground flaxseeds

Olive Oil/Light Olive Oil

Herb Dressing NS *

Lemons

PROTEIN

The Blood Type A diet is based on vegetable proteins, hearty grains, and fresh, pure fruits and vegetables. That said, maintaining a balance of protein, carbohydrates, and healthy fat in your diet is still essential. Understanding where to find vegetable proteins may be a new adventure for you, so below is a list to get you started. Try to diversify your sources of protein, just as you would if you remained a meat eater. Not many people eat beef every night for dinner, so try not to stick to one kind of protein here. You can add a few Neutrals to this list, but focus on the Beneficials as often as possible. *Please note that it is recommended that all poultry be organic and all beef be grass fed and organic.

Beneficials

Soy (soy cheese, soy milk, tempeh, tofu)

Beans (adzuki, black, black-eyed peas, fava, lentils, soybeans, pinto) Nuts (peanuts, walnuts)

Nut butters (peanut butter—Beneficial or almond butter—Neutral).

Almond butter is inexpensive and easily found in supermarkets or natural food stores. If your SWAMI Xpress or SWAMI GenoType personalized nutrition plan indicates one type of nut that is Beneficial above the rest, use that one and make your own butter in the food processor.

Seafood (carp, cod, mackerel, monkfish, perch, pickerel, pollack, red snapper, salmon, sardine, snail, trout, whitefish, whiting)

Neutrals

Cheeses (mozzarella, feta, goat, kefir, ricotta, farmer cheese, yogurt). If you use SWAMI Xpress or SWAMI GenoType personalized nutrition report, there could be cheeses that are more or less Beneficial than others, so focus on those.

Eggs

Poultry (chicken, Cornish hen, turkey)

Filling up Your Freezer

SMOOTHIES

Making smoothies is a great alternative for breakfast or a delicious, protein-filled snack. When fruit is in season, fresh fruit can be used, however, mix some frozen fruits and vegetables into the smoothie for a thicker consistency.

Beneficials

Apricots

Blackberries

Blueberries

Cherries

Neutrals

Avocado Dates

Peaches

Raspberries

Figs

Kale

Pineapple

Spinach

Strawberries

LEFTOVERS

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

Chili

Lasagna

Sauces

Cookies

Muffins

Stew

Crackers

Pesto

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, take them out the day before and put them in the refrigerator.

Beneficials

Turkey (ground turkey, tenderloins)

Seafood (carp, cod, mackerel, monkfish, perch, pickerel, pollack, red snapper, salmon, sardine, snail, trout, whitefish, whiting)

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