

7-Day Healthy Eating Challenge - Food Suggestions

- Many of these recipes can be found in The Energy Cookbook, which is designed for every Blood Type.
- The goal during these 7 days is to avoid: wheat/gluten, cow dairy, corn, sugar, and soy.
- Plan ahead!! Make a couple recipes so that you are not starving. The goal is to eat lots of fats, fiber and protein.

BREAKFASTS

Egg Scrambler or Frittata

Chia Breakfast Pudding

Overnight soaked oats with blueberries and walnuts

Almond Flour Muffins

Shopping List: (1)

eggs

onions

organic spinach

blueberries (sub apple if not available)

crumbled goat feta or Manchego

chia seeds

maple syrup

vanilla

1 can organic full-fat coconut milk

organic, gluten-free oats

organic apples

pecans, walnuts & almonds

cinnamon

- This is NOT a diet with restricted calories it is a healthy eating plan. Feeling hungry sends stress signals to the brain that makes your brain shut down your metabolism!!
- Can you drink coffee and tea?
Of course, BUT the only sweetener I recommend is Monk fruit.
Need some cream? Use Organic Heavy Whipping Cream.
- Carry a bag of walnuts, almonds, and pecans with you always.
- Eat lots of good fats = avocados, olive oil, nuts, eggs, and olives - 30% of your calories should be from fats.
- Eat lots of fiber. Focus on beans that are on your Highly Beneficial or Neutral Lists, avocados are also high in fiber, chia seeds and lots of veggies.
- Eat proteins that are on your Highly Beneficial or Neutral lists.
- Eat dark chocolate that doesn't contain soy lecithin.

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LUNCH & DINNER (feel free to switch up these dishes for lunch or dinner)

White Bean (cannellini beans) and Kale Soup

Quinoa, Roasted Vegetables, and Walnut Salad

Baked Ginger Salmon

Creamy White Bean Salad

Gluten-free Turkey Veggie Wraps

Roasted Vegetables on Spaghetti Squash with shredded Manchego

Chocolate, pecan, and coconut melts

Shopping List: (2)

cannellini beans - canned organic (2)

bunch of kale

spaghetti squash

1/2 lb turkey sausage (loose)

salmon filets - wild caught

ginger

red onion - small

celery

carrots

lime juice (organic bottled is fine)

sliced turkey

hummus flavor of choice

gluten-free wraps (almond flour taste pretty good, but you have to spread hummus on them so they don't crack)

dark chocolate chunk

coconut flakes (not the sweetened stuff)

- Note for O & B Blood Types: yes, you can add grass-fed beef: steaks, hamburgers, and meatballs with gluten-free bread crumbs. OR if you are an A or AB that craves red meat every now and then, you can add beef sparingly.
- What about fruit? Fruit should be limited to only one serving per day as a dessert. Whip up some coconut cream or whipping cream and add to berries.
- Plan for at least 5, one cup servings of vegetables per day. The more the better!
- Alcohol: no-carb distilled spirits = vodka (NOT Titos), tequila and whiskey with flavored soda water and lime or lemon.
- Sea salt and other spices add a punch to most meals. Salt is great for your adrenals.
- Avoid soy sauce.
- Optional: Mix 1 tsp. of apple cider vinegar in 4 - 6 ounces of warm water with 1 tsp. lemon juice and drink before meals for added reduction of glucose levels.