



Blood Type B Diet Shopping List



Vegetables

- Spinach
- Broccoli
- Brussels sprouts
- Kale
- Cabbage
- Carrots
- Beets
- Sweet potatoes
- Onions
- Garlic

Grains and Starches

- Oats
- Quinoa
- Basmati rice
- Brown rice
- Buckwheat
- Millet
- Amaranth
- Couscous
- Spelt bread

Nuts and Seeds

- Almonds
- Walnuts
- Pumpkin seeds
- Sunflower seeds
- Cashews
- Pistachios
- Almond butter

Legumes

- Black beans
- Kidney beans
- Chickpeas
- Tofu

Protein

- Turkey
- Salmon
- Tuna
- Shrimp
- Eggs

Fruit

- Apples
- Cherries
- Pineapple
- Plums
- Papaya
- Blueberries
- Grapes
- Watermelon
- Kiwi
- Lemons

Dairy and Dairy Alternatives

- Goat milk
- Feta cheese
- Mozzarella
cheese
- Cottage
cheese
- Almond milk
- Rice milk



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

