

This Sheet GOOD-FAIR Zone Choices	3/4 c Water	Fruit (Fresh, Frozen, Lite-canned)(Carbs)	Spices
For Blood Type A	(9 grams each block)	Applesauce, unsweetened 1/3c	Allspice
Yellow EAT - Purple AVOID	Cooked Vegetables (Carbohydrate)	Berries--Elderberry,Gooseberry,Loganberry 3/4c	Almond Extract
For Blood Type A	Beans--Broad, Cannellini,Fava,Jicama 1/4c	Boysenberries 1/2c	Anise
Good-Fair Protein Choices	Beans, White 1/4c	Fruit Cocktail 1/3c	Arrowroot
(7 grams each block)	Collard Greens 2c	Lemon or Lime 1	Basil
Meat & Poultry (Protein)	Hummus 3 Tbsp	Melon--Casaba,Crenshaw,Cantaloupe 3/4c	Bay Leaf
Canadian Bacon 1 oz	Salsa 1/2c	Orange, Mandarin 1/3c	Bergamot
Chicken Breast, deli 1.5oz	Sauerkraut 1c	Peach, water canned 1/2c	Cardamon
Turkey Breast, deli 1.5oz	Tomato sauce 1/2c	Persimmon 1/3c, Pomegranate 1/2c	Caraway
Turkey, Ground 1.5oz	Tomato, canned/chopped 1c	Watermelon 3/4c	Carob
Turkey Bacon 3 strips	Turnip, Rutabaga 1 1/2c	Grains & Miscellaneous (Carbohydrate)	Chervil
Veal 1oz	Raw Vegetables (Carbohydrate)	Oatmeal, old fashion dry 1/2oz	Chives
Fish & Seafood (Protein)	Alfalfa Sprouts 10c	Good-Fair Fat Choices	Chocolate
Bass,Bluefish,Catfish 1.5oz	Bean Sprouts 3c	(3 grams each block)	Cinnamon/Cloves
Calamari 1.5oz	Broccoli 4c	Almond Oil 2/3 tsp	Coriander
Catfish 1.5oz	Cabbage, shredded 4c	Guacamole 1 Tbsp	Cream of Tartar
Clams 1.5oz	Cauliflower 4c	Mayonnaise, Light 1 tsp	Cumin
Snapper 1.5oz	Endive, Raddichio 10c	Mayonnaise, Regular 2/3 tsp	Curry
Swordfish 1.5oz	Escarole, chopped 10c	Nuts---Chestnut 2,Hickory 3, Litchi 6	Dill
Eggs/Dairy (Protein)	Jalapeno Peppers 2c	Oils, Peanut,Cottonseed,Corn,Safflower 2/3tsp	Dulse/Kelp
Eggs, whole 1	Lettuce--Bibb,Boston,Iceberg 10c	Oils, Sesame 2/3tsp	Horseradish
Cheese--Soy,Farmer,Feta,Goat 1oz	Mushrooms--Abalone,Enoki,Portobello 4c	Olives--Black, Greek, Spanish 4	Mrjoram
Cheese--Kefir,Mozzarella,Ricotta 1oz	Mushrooms--Tree Oyster 4c	Olives, Green 3	Mint
Cheese--Low Fat,String 1oz	Scallions 3c	Peanut Butter or Nut Butter 1/2 Tbsp	Mustard, dry
Cottage Cheese 2% 1/4c	Shallots, diced 1 1/2c	Soybean Oil 2/3 tsp	Nutmeg
Cream Cheese low fat 2 Tbsp	Snow Peas 1 1/2c	Tahini (Sesame butter) 1/2 Tbsp	Oregano
Vegetarian (Protein)	Spinach, chopped 20c	Tahini 1/2 Tbsp	Paprika
Soy Canadian Bacon 3 slices	Water Chestnuts 1/3c	Walnuts, chopped 1 tsp	Peppermint
Berry Perfect Start Balanced Meal	Vanilla Perfect Start Balanced Meal	Chocolate Perfect Start Balanced Meal	Pimento
3/4 c Water	3/4 c Water	3/4 c Water	Rosemary
1 Serving Protein Powder	1 Serving Vanilla Flavored Protein Powder	1 Serving Chocolate Protein Powder	Saffron
1 tsp Barfy Green Stuff	1 tsp Barfy Green Stuff	1 tsp Barfy Green Stuff	Sage
3/4c Frozen Mixed Berries (1 block)	1 block fresh Fruit (apple,pear,peach,plum)	1 block fruit (banana,orange,cherry,raspberry)	Savory
3/4 tsp Dark Molasses	Spices such as cinnamon, cardamon, clove	A few ice cubes for temperature/texture	Tamarind
1/3 tsp powdered Ginger	A few ice cubes for temperature/texture	3/4 tsp Dark Molasses	Tapioca
Blend and serve with:	Blend and serve with:	Blend and serve with:	Tarragon
1 block Protein	1 block Protein	1 block Protein	Thyme
2 blocks Fat	1 block Carbohydrate	2 blocks Fat	Turmeric
1/2 block Carbohydrate	2 blocks Fat	1/2 block Carbohydrate	Vanilla
20gm Protein, 27gm Carbs, 9gm Fat	20gm Protein, 27gm Carbs, 9gm Fat	20gm Protein, 27gm Carbs, 9gm Fat	© wms 2003
WEIGHT MANAGEMENT SYSTEMS	Featuring the Zone and Blood Type Diets	GOOD-FAIR ZONE CHOICES	BLOOD TYPE A
Dr. Denice Moffat Medical Intuitive Phone Consultation Services www.NaturalHealthTechniques.com			