

This Sheet GOOD-FAIR Zone Choices	Cream Cheese low fat 2 Tbsp	Mushrooms, chopped 4c	Spices
For Blood Type AB	Eggs, whole 1	Scallions 3c	Agar,Arrowroot
Yellow EAT - Purple AVOID	Other-Casein,Whey 1.5oz	Shallots, diced 1 1/2c	Basil,Bay Leaf
for your BLOOD TYPE AB	Vegetarian (Protein)	Snow Peas 1 1/2c	Bergamot
Good-Fair Protein Choices	Soy Canadian Bacon 3 slices	Spinach, chopped 20c	Cardamon
(7 grams each block)		Water Chestnuts 1/3c	Carob
Meat & Poultry (Protein)	Good-Fair Carbohydrate Choices	Fruit (Fresh, Frozen, Lite-canned)(Carbs)	Chervil
Canadian Bacon 1 oz	(9grams each block)	Applesauce, unsweetened 1/3c	Chive
Chicken Breast, deli 1.5oz	Cooked Vegetables (Carbohydrate)	Boysenberries 1/2c	Chocolate
Turkey Breast, deli 1.5oz	Beans--Broad,Cannellini,Copper,Northern 1/4c	Fruit Cocktail 1/3c	Cinnamon/Clove
Turkey, Ground 1.5oz	Beans--Jicama,Tamarind,White 1/4c	Lemon or Lime 1	Coriander
Turkey Bacon 3 strips	Lentils 1/4c	Melons, All 3/4c	Cream of Tarter
Veal 1oz	Collard Greens 2c	Orange, Mandarin 1/3c	Cumin
Fish & Seafood (Protein)	Hummus 3 Tbsp	Peach, water canned 1/2c	Dill
Bass 1oz	Salsa 1/2c	Persimmon 1/2	Dulse,Kelp
Abalone,Bluefish,Carp,Catfish,Caviar 1.5oz	Sauerkraut 1c	Watermelon 3/4c	Marjoram
Herring,Mussel,Scallop,Shark,Perch 1.5oz	Tomato, canned/chopped 1c	Grains & Miscellaneous (Carbohydrate)	Mints-All
Smelt,Sole,Squid (Calamari),Swordfish 1.5oz	Tomato sauce 1/2c	Oatmeal, old fashion dry 1/2oz	Mustard, Dry
Clams 1.5oz	Turnip, mashed 1 1/2c	Good-Fair Fat Choices	Nutmeg
Snapper,Tilefish,Weakfish,Whitefish 1.5oz	Raw Vegetables (Carbohydrate)	(3 grams each block)	Paprika
White Perch,Yellow Perch 1.5oz	Alfalfa Sprouts 10c	Almond Oil 2/3 tsp	Pimiento
Eggs/Dairy (Protein)	Bean Sprouts 3c	Guacamole 1 Tbsp	Saffron
Cheese-Cheddar,Colby,Edam,Gouda 1oz	Broccoli 4c	Mayonnaise, Light 1 tsp	Sage
Cheese--Cottage 2% 1/4c	Cabbage, shredded 4c	Mayonnaise, Regular 2/3 tsp	Savory
Cheese--Emmenthal,Gruyere,Jarlsburg 1oz	Cauliflower 4c	Olives, black 4 medium	Soy Sauce
Cheese--Farmer,Feta,Goat,Kefir 1oz	Endive, chopped 10c	Peanut Butter or Nut Butter 1/2 Tbsp	Tamari
Cheese--Jack,Munster,Neufchatel 1oz	Escarole, chopped 10c	Soybean Oil 2/3 tsp	Tamarind
Cheese--Mozzarella,Ricotta 1oz	Jalapeno Peppers 2c	Tahini 1/2 Tbsp	Tarragon
Cheese--String,Swiss 1oz	Lettuce, Iceberg 2 heads	Oils--Canola,Cod Liver,Flax,Peanut 2/3tsp	Thyme
Berry Perfect Start Balanced Meal	Vanilla Perfect Start Balanced Meal	Chocolate Perfect Start Balanced Meal	Turmeric
3/4 c Water	3/4 c Water	3/4 c Water	Vanilla
1 Serving Protein Powder	1 Serving Vanilla Flavored Protein Powder	1 Serving Chocolate Protein Powder	Wintergreen
1 tsp Barfy Green Stuff	1 tsp Barfy Green Stuff	1 tsp Barfy Green Stuff	Herbal Teas
3/4c Frozen Mixed Berries (1 block)	1 block fresh Fruit (apple,pear,peach,plum)	1 block fruit (banana,orange,cherry,raspberry)	Catnip
3/4 tsp Dark Molasses	Spices such as cinnamon, cardamon,clove	A few ice cubes for temperature/texture	Dandelion
1/3 tsp powdered Ginger	A few ice cubes for temperature/texture	3/4 tsp Dark Molasses	Dong quai
Blend and serve with:	Blend and serve with:	Blend and serve with:	Mints-All
1 block Protein	1 block Protein	1 block Protein	Raspberry leaf
2 blocks Fat	1 block Carbohydrate	2 blocks Fat	Sarsaparilla
1/2 block Carbohydrate	2 blocks Fat	1/2 block Carbohydrate	Yarrow
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 AB
Dr. Denice Moffat Medical Intuitive Phone Consultation Services www.NaturalHealthTechniques.com			