

This Sheet GOOD-FAIR Zone Choices	Cheese--Cheddar,Colby,Gouda 1oz	Snow Peas 1 1/2c	Spices
For Blood Type B	Cheese--Jarlsberg,Jack,Munster 1oz	Spinach, chopped 20c	Agar, Arrowroot
Yellow EAT - Purple AVOID	Cheese--Parmesan,Swiss,Neufchatel 1oz	Water Chestnuts 1/3c	Anise
for BLOOD TYPE B	Vegetarian (Protein)	Fruit (Fresh, Frozen, Lite-canned)(Carbs)	Basil, Bay Leaf
Good-Fair Protein Choices	Soy Canadian Bacon 3 slices	Applesauce, unsweetened 1/3c	Bergamot
(7grams each block)	Good-Fair Carbohydrate Choices	Boysenberries 1/2c	Capers
Meat & Poultry (Protein)	(9 grams each block)	Fruit Cocktail 1/3c	Caraway
Canadian Bacon 1 oz	Cooked Vegetables (Carbohydrate)	Lemon or Lime 1	Cardamon
Chicken Breast, deli 1.5oz	Collard Greens 2c	Melon--All Kinds 3/4c	Carob
Turkey Breast, deli 1.5oz	Hummus 3 Tbsp	Orange, Mandarin 1/3c	Chervil
Turkey, Ground 1.5oz	Salsa 1/2c	Peach, water canned 1/2c	Chives
Turkey Bacon 3 strips	Sauerkraut 1c	Pineapple 1/2c	Coriander
Veal, Buffalo, Pheasant, Liver 1oz	Tomato, canned/chopped 1c	Persimmon 1/2	Cream of Tartar
Fish & Seafood (Protein)	Tomato sauce 1/2c	Grains & Miscellaneous (Carbohydrate)	Cumin
Bass 1oz	Turnip, mashed 1 1/2c	Oatmeal, old fashion dry 1/2oz	Dill
Abalone, Bluefish 1.5oz	Raw Vegetables (Carbohydrate)	Good-Fair Fat Choices	Dulse, Kelp
Calamari,Carp,Catfish,Herring 1.5oz	Alfalfa Sprouts 10c	(3 grams each block)	Garlic
Snapper,Sailfish,Shark,Smelt 1.5oz	Bean Sprouts 3c	Almond Oil 2/3 tsp	Marjoram
Clams 1.5oz	Broccoli 4c	Guacamole 1 Tbsp	Mints--All types
Trout, Tilefish, Whitefish 1.5oz	Cabbage, shredded 4c	Mayonnaise, Light 1 tsp	Miso, Soy Sauce
Swordfish 1.5oz	Cauliflower 4c	Mayonnaise, Regular 2/3 tsp	Mustard, dry
Eggs/Dairy (Protein)	Endive, chopped 10c	Nut Butters, Almond 1 1/2tsp	Nutmeg
Eggs, whole 1	Escarole, chopped 10c	Nuts, Brazil/Chestnut 1, Hickory/Litchi 3	Oregano
Cheese--Brie,Farmer,Feta,Goat,Keifer 1oz	Jalapeno Peppers 2c	Olives, black 4 medium	Paprika
Cheese--Mozzarella,Provolone,Ricotta 1oz	Lettuce, Iceberg 2 heads	Peanut Butter 1/2Tbsp	Pepper, Black/Red
Cheese, low fat 1oz	Mushrooms, chopped 4c	Soybean Oil 2/3 tsp	Pimento
Cottage Cheese 2% 1/4c	Scallions 3c	Tahini 1/2 Tbsp	Rosemary
Cream Cheese low fat 2 Tbsp	Shallots, diced 1 1/2c	Walnuts, Pecans--chopped 1 tsp	Saffron
Berry Perfect Start Balanced Meal	Vanilla Perfect Start Balanced Meal	Chocolate Perfect Start Balanced Meal	Sage
3/4 c Water	3/4 c Water	3/4 c Water	Sugar--Brown,White
1 Serving Protein Powder	1 Serving Vanilla Flavored Protein Powder	1 Serving Chocolate Protein Powder	Savory
1 tsp Barfy Green Stuff	1 tsp Barfy Green Stuff	1 tsp Barfy Green Stuff	Syrup--Rice,Maple
3/4c Frozen Mixed Berries (1 block)	1 block fresh Fruit (apple,pear,peach,plum)	1 block fruit (banana,orange,cherry,raspberry)	Tamarind
3/4 tsp Dark Molasses	Spices such as cinnamon, cardamon,clove	A few ice cubes for temperature/texture	Tarragon
1/3 tsp powdered Ginger	A few ice cubes for temperature/texture	3/4 tsp Dark Molasses	Thyme
Blend and serve with:	Blend and serve with:	Blend and serve with:	Turmeric
1 block Protein	1 block Protein	1 block Protein	Vanilla
2 blocks Fat	1 block Carbohydrate	2 blocks Fat	Vinegars-All
1/2 block Carbohydrate	2 blocks Fat	1/2 block Carbohydrate	Wintergreen
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 B
Dr. Denice Moffat Medical Intuitive Phone Consultation Services www.NaturalHealthTechniques.com			