

This Sheet GOOD-FAIR Zone Choices	Cream Cheese low fat 2 Tbsp	Scallions 3c	Soybean Oil 2/3 tsp
For Blood Type O	Vegetarian (Protein)	Shallots, diced 1 1/2c	Tahini 1/2 Tbsp
Yellow EAT - Purple AVOID	Soy Canadian Bacon 3 slices	Snow Peas 1 1/2c	Walnuts, chopped 1 tsp
for BLOOD TYPE O	Soy Cheese 1oz	Spinach, chopped 20c	Sunflower seeds, hulled 2 tsp
Good-Fair Protein Choices	Soy Powder (in Perfect Start)	Water Chestnuts 1/3c	Filbert, Chestnut 1tsp
(7 grams each block)	Good-Fair Carbohydrate Choices	Fruit (Fresh, Frozen, Lite-canned)(Carbs)	Pine nuts, Sesame 1tsp
Meat & Poultry (Protein)	(9 grams each block)	Applesauce, unsweetened 1/3c	Spices
Canadian Bacon 1 oz	Cooked Vegetables (Carbohydrate)	Boysenberries 1/2c	Agar,Allspice,Almond Extract
Chicken Breast, deli 1.5oz	Collard Greens 2c	Fruit Cocktail 1/3c	Anise,Arrowroot,Barley Malt
Turkey Breast, deli 1.5oz	Hummus 3 Tbsp	Lemon or Lime 1	Basil,Bay Leaf,Bergamot
Turkey, Ground 1.5oz	Salsa 1/2c	Orange, Mandarin 1/3c	Brown Rice Syrup,Cardomon
Turkey Bacon 3 strips	Sauerkraut 1c	Peach, water canned 1/2c	Cayenne,Carob,Chervil,Chives
Veal 1oz	Tomato, canned/chopped 1c	Persimmon 1/2	Chocolate,Clove,Coriander
Fish & Seafood (Protein)	Tomato sauce 1/2c	Grains & Miscellaneous (Carbohydrate)	Cream of Tarter,Cumin,Curry
Bass 1oz	Turnip, mashed 1 1/2c	Oatmeal, old fashion dry 1/2oz	Dill,Dulse,Garlic,Gelatin (Plain)
Bluefish 1.5oz	Raw Vegetables (Carbohydrate)	Spelt dry 1/2oz	Horseradish,Kelp,Maple Syrup
Calamari 1.5oz	Alfalfa Sprouts 10c	Rye Crisp 2	Marjoram,Mint,Miso,Molasses
Catfish 1.5oz	Bean Sprouts 3c	Good-Fair Fat Choices	Mustard,Paprika,Parsley,Pepper
Clams 1.5oz	Broccoli 4c	(3 grams each block)	Peppermint,Pimiento,Rice Syrup
Snapper 1.5oz	Cabbage, shredded 4c	Almond Oil 2/3 tsp	Rosemary,Saffron,Sage,Salt
Swordfish 1.5oz	Cauliflower 4c	Guacamole 1 Tbsp	Savory,Soy Sauce,Spearmint
Eggs/Dairy (Protein)	Endive, chopped 10c	Mayonnaise, Light 1 tsp	Sucanat,Sugar,Tamari,Tamarind
Eggs, whole 1	Escarole, chopped 10c	Mayonnaise, Regular 2/3 tsp	Tapioca,Tarragon,Thyme
Cheese, Farmer/Feta/Goat/Mozz.1oz	Jalapeno Peppers 2c	Olives, Green 3	Turmeric,Wintergreen
Cottage Cheese 2% 1/4c	Lettuce, Iceberg 2 heads	Olives--Black,Greek,Spanish 4	Capers,Cinnamon,Cornstarch
	Mushrooms, Portabella, Oyster, Enoki 4c	Nut Butters (except Peanut) 1 1/2 tsp	Corn Syrup,Nutmeg,Vanilla
One Balanced Snack equals:	A Balanced Meal is 3-4 Blocks	If meal is too large--"Graze"	Pepper (Black & White)
One Block of Protein	3-4 Blocks of Protein	Two Blocks of Protein	Vinegar-All Types
One Block of Carbohydrate	3-4 Blocks of Carbohydrates	Two Blocks of Carbohydrates	Herbal Teas
One Block of Fat	3-4 Blocks of Fat	Two Blocks of Fat	Catnip,Cayenne,Chickweed
	(3 Blocks for a woman/4 for a man)		Chamomile,Dandelion,Dong quai
Berry Perfect Start Balanced Meal	Vanilla Perfect Start Balanced Meal	Chocolate Perfect Start Balanced Meal	Elder,Fenugreek,Ginger,Ginseng
3/4 c Water	3/4 c Water	3/4 c Water	Good Earth, Green Tea,Hawthorne
1 Serving Protein Powder	1 Serving Vanilla Flavored Protein Powder	1 Serving Chocolate Protein Powder	Hops,Licorice,Linden,Mulberry
1 tsp Barfy Green Stuff	1 tsp Barfy Green Stuff	1 tsp Barfy Green Stuff	Parsley,Peppermint,Raspberry
3/4c Frozen Mixed Berries (1 block)	1 block fresh Fruit (apple,pear,peach,plum)	1 block fruit (banana,orange,cherry,raspberry)	Rose Hips,Sage,Sarsaparilla
3/4 tsp Dark Molasses	Spices such as cinnamon, cardamon, clove	A few ice cubes for temperature/texture	Slippery Elm,Spearmint,Thyme
1/3 tsp powdered Ginger	A few ice cubes for temperature/texture	3/4 tsp Dark Molasses	Valerian,White Oak Bark,Yarrow
Blend and serve with:	Blend and serve with:	Blend and serve with:	Other
1 block Protein	1 block Protein	1 block Protein	Soda, Club
2 blocks Fat	1 block Carbohydrate	2 blocks Fat	Seltzer Water
1/2 block Carbohydrate	2 blocks Fat	1/2 block Carbohydrate	
20gm Protein, 27gm Carbs, 9gm Fat	20gm Protein, 27gm Carbs, 9gm Fat	20gm Protein, 27gm Carbs, 9gm Fat	© wms 2003
WEIGHT MANAGEMENT SYSTEM	Featuring the Zone & Blood Type Diet	GOOD-FAIR CHOICES	BLOOD TYPE O
Dr. Denice Moffat Medical Intuitive Phone Consultation Services www.NaturalHealthTechniques.com			