

Optimal Foods for My Health (O, ectomorph)

Vegetables

Spinach* - 3-6 €
Kale* - 2-3 €
Carrots – 1-2 €
Beets - 2-3 €
Broccoli*- 2-3 €
Onions* - < 2 €
Sweet potato*- 2-4 €
Pumpkin*
Parsnips* - 2-3 €
Turnips*
Asparagus
Squash (Courgette)
Green beans
Celery
Red paprika
Endive, Fennel
Artichoke*

Fruit

Banana*- 1-3 €
Apple – 3-4 €
Pear – 3-4 €
Plum*- 2-3 €
Lemon - 2-3 €
Blueberries* - 12-15 €
Grapefruit
Lime
Cherries*
Apricots
Cranberry
Mango*
Pineapple*
Papaya
Cherimoya
Figs*
Date
Pomegranate

€/KG

Protein

Beef* - 15-30 €
Turkey – 12-15 €
Liver* -
Eggs - .40 - .50 EA
Sardines
Salmon
Cod*
Lamb*
Veal*

Mushrooms, br. – 7-8 €
Adzuki beans* - 3-4 €
Buckwheat
Quinoa
Millet
Oats
Chickpeas
Brown rice

Condiments

Stevia, powder & liquid
Apple cider vinegar
Bee pollen
Chlorella
Vitamin C
Vitamin B₃
He shou wu, reishi
Sea salt (or mountain)
Cod liver oil
Chlorophyll
Raw cocoa powder
Red algae (dulse)*
Kelp*
Tahini
Almond butter
Pumpkin seed butter
Molasses

Oils/lipids

Hemp seeds* - 18-20 €
Brazil nuts – 16–20 €
Coco oil – 11-15 €
Pumpkin seeds*-7-12 €
Walnuts* - 16-20 €
Almonds – 14-16 €
Pecans – 20-30 €
Olive oil* - 7-14 €
Hemp seed oil –
Chia seeds – 6 – 8 €
Flax seeds/oil* -
Macadamia – 30 – 55 €
Dark chocolate –23-40 €

Spices

Ginger* - 7-8 €
Clove
Rosemary
Cayenne*
Garlic*
Fenugreek*
Cumin
Coriander
Thyme
Parsley*
Curcuma*
Carob*
Horseradish*

Herbs & beverages

Carbonated water
Horsetail
Dandelion*
Nettle
Peppermint*
Stevia
Slippery elm*
Sarsaparilla*
Licorice
Green tea*

What to avoid – for my health (O)

(a) = healthy for blood type A

Coffee (a)

Black tea

Beer

Wine

Alcohol

Blackberries

Kiwi

Tangerines

Orange

Melons

Strawberry

Potatoes

Corn

Leek

Cauliflower (a)

Cucumber

Cabbage

Eggplant

Alfalfa sprouts

Brussel sprouts

Avocado

Wheat

Soybeans (a)

Beans, kidney ...

Lentils

Barley

Rye

Bacon

Ham

Pork

Smoked salmon

Octopus

Caviar

Dairy, cow

Peanuts (a)

Pistachios

Cashews

Poppy seeds

Ketchup

Cinnamon

Nutmeg

Pepper

Vanilla

Pickled foods

Capers

Vinegar

Aloe

Burdock

Echinacea

Goldenseal

contradictory – Brazil
nuts, apple cider vinegar,
coconut oil