

Optimal Foods for My Health (O, ectomorph)

Vegetables

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

Fruit

Lemon/lime - 2-4 €
Apple – 3-4 €
Pear – 3-4 €
Banana*- 1-3 €
Plum*- 2-3 €
Blueberries* - 12-15 €
Grapefruit – 2-4 €
Lime – 4-7 €
Cherries*
Apricots
Cranberry
Mango*
Pineapple*
Papaya
Cherimoya – 2-4 €
Figs*
Date – 10 – 16 €
Pomegranate

€/KG

Protein

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

Mushrooms, br. – 7-9 €
Adzuki beans* - 3-4 €
Buckwheat
Oats
Quinoa
Millet
Chickpeas
Brown rice

Condiments/Supplements

Stevia, leaf & liquid
Apple cider vinegar (K.)
Bee pollen (B, Cu, ...)
Chlorella (Mg, ...)
Vitamin C (tissues)
Vitamin B₃ (nerves)
Vitamin D₃ (bones)
Iodine (I)
He shou wu/reishi (Zn,,)
Sea salt (or mountain)
Cod liver oil (A, D)
Chlorophyll (Mg)
Raw cocoa powder
Red algae (dulse)* (I)
Kelp* (I)
Tahini (Ca)
Almond butter (Mg, K)
Pumpkin seed butter (Zn)
Molasses (Fe)

Oils/lipids/fats

Pumpkin seeds*-7-12 €
Almonds – 14-16 €
Coconut oil – 11-15 €
Hemp seeds*/oil-18-20€
Brazil nuts – 16–20 €
Walnuts* - 16-20 €
Pecans – 20-30 €
Olive oil* - 7-14 €
Chia seeds – 6 – 8 €
Black seed oil -
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 I avoid – for my health (O)

(a) = healthy for blood type A

Coffee (a)

Black tea

Beer

Wine

Alcohol

Blackberries (a)

Kiwi

Tangerines

Orange

Melons

Strawberry

Potatoes

Tomatoes

Corn

Leek (a)

Cauliflower (a)

Cucumber

Cabbage

Eggplant

Alfalfa sprouts (a)

Brussel sprouts

Avocado

Wheat

Soybeans, fermented (a)

Beans, kidney ...

Lentils (a)

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 (a)

Burdock

Echinacea

Goldenseal

contradictory for me –

Brazil nuts, apple cider

vinegar, coconut oil