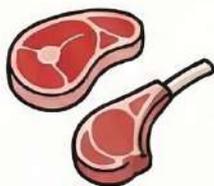


The O Positive Blood Type Diet: Your Essential Food List

Recommended Proteins



Lean Meats (Beef, Lamb, Organ Meats)

High-protein sources that support metabolism, muscle strength, and repair.



Omega-3 Rich Fish (Salmon, Mackerel, Sardines)

These selections support heart health, reduce inflammation, and improve brain function.



High-Protein Foundation

The O Positive diet is categorized as a high-protein diet type with a main focus on meat and fish.



The O Positive diet is categorized as a high-protein diet type with a main focus on meat and fish.

Plant-Based Essentials & Healthy Fats



Best Vegetables (Spinach, Kale, Broccoli)

Rich in antioxidants and vitamins that strengthen immunity and improve digestion.



Healthy Fruits (Berries, Cherries, Figs)

Provides natural antioxidants that support gut health and boost the immune system.



Healthy Fats (Olive Oil)

Provides heart-healthy monounsaturated fats and anti-inflammatory properties.



Recommended Snacks

Focus on fresh berries, broccoli, pumpkin seeds, seeds, or Ezekiel bread.

Foods to Avoid or Limit



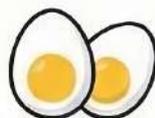
Processed Meats & Excess Gluten

These items should be strictly avoided to maintain the integrity of the O Positive nutritional plan.



Limit Fatty Meats

While meat is a staple, fatty cuts should be limited in favor of lean options.



Neutral Items: Eggs

Eggs are considered neutral and should be consumed in moderate amounts.

Lifestyle & Key Features



Gluten-Free Focus

The diet is designed to be mostly gluten-free to accommodate O Positive sensitivities.



Breakfast: Oatmeal & Fruit

Serve oatmeal with fresh fruit and walnuts for a high-fiber start.



Lunch: Beef & Salad

A ground beef patty paired with a salad dressed in lemon and olive oil.



Dinner: Salmon & Greens

Salmon served with brown rice and a side of spinach.



Exercise Recommendation

Intense aerobic workouts are recommended to complement this specific high-protein diet.