





# O POSITIVE BLOOD TYPE DIET CHART

Diet for O+ Blood Type

	What To Consume		What To Avoid
	MEAT	Lamb, Beef, Mutton, Veal, Venison	Goose, Pork
	SEAFOOD	Clams, Shrimps, Lobster, Mussels, Crabs	Smoked Salmon, Catfish, Octopus, Caviar
	FRUITS	Bananas, Pears, Peaches, Raspberries, Cranberries, Apples, Peaches	Oranges, Blackberries, Kiwi, Strawberries
	VEGETABLES	Lettuce, Pumpkin, Okra, Kale, Red Peppers, Artichokes	Eggplant, Mushrooms, Potatoes, Cabbage, Cauliflower



# O Positive Blood Group Diet

**D Kirk**



## **O Positive Blood Group Diet:**

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