

TYPE AB GROCERY LIST

MEAT & POULTRY

Turkey

Neutral

- Beef liver
- Calf liver
- Goat
- Lamb
- Mutton
- Ostrich
- Pheasant
- Rabbit

SEAFOOD

- Cod**
- Grouper**
- Mackerel, Atlantic**
- Mahi-mahi**
- Monkfish**
- Pickeral, Walleye**
- Pike**
- Porgy**
- Red Snapper**
- Sailfish**
- Sailfish Roe**
- Salmon, Atlantic**
- Salmon, Chinook**
- Salmon, Sockeye**

- Sardine**
- Shad**
- Snail, Escargot**
- Sturgeon**
- Tuna, Bluefin**
- Tuna, Skipjack**
- Tuna, Yellowfin**

Neutral

- Abalone, sea ear, mutton fish
- Bluefish
- Bullhead
- Butterfish
- Carp
- Catfish
- Caviar
- Chub
- Croaker
- Cusk
- Drum
- Halfmoon fish
- Harvest fish
- Herring
- Mackerel, Spanish
- Mullet
- Muskellunge
- Mussel
- Ocean pout
- Opaleye fish

- Orange roughy
- Parrotfish
- Perch
- Perch, ocean
- Pilchards
- Pollock, Atlantic
- Pompano
- Rosefish
- Scallop
- Scrod
- Scup
- Sea bream
- Shark
- Smelt
- Squid, calamari
- Sucker
- Sunfish, pumpkinseed
- Swordfish
- Tilapia
- Tilefish
- Weakfish
- Whitefish

DAIRY & EGGS

- Cottage cheese**
- Egg white, chicken**
- Farmer cheese**
- Feta cheese**
- Goat cheese**

BODY BY MJ

Type
AB

TYPE AB GROCERY LIST

- Kefir**
- Manchego cheese**
- Milk, goat**
- Mozzarella cheese, all types**
- Pecorino cheese**
- Ricotta cheese**
- Romanian urda**
- Sour cream**
- yogurt**

Neutral

- Casein
- Caviar
- Cheddar cheese
- Colby cheese
- Cream cheese
- Edam cheese
- Egg, goose
- Egg, quail
- Egg whole, chicken
- Egg yolk, chicken
- Emmental, Swiss cheese
- Ghee, clarified butter
- Gouda cheese
- Gruyere cheese
- Jarlsberg cheese
- Milk, cow (skim or 2%)
- Monterey Jack cheese

- Muenster cheese
- Neufchâtel cheese
- Paneer cheese
- Quark cheese
- Stilton cheese
- String cheese
- Swiss cheese
- Whey protein

OILS & FATS

- Apricot Kernel Oil**
- Camelina Oil**
- Hemp Seed Oil**
- Olive Oil**
- Walnut Oil**

Neutral

- Almond oil
- Black currant seed oil
- Borage seed oil
- Canola oil
- Castor oil
- Chia seed oil
- Cod liver oil
- Evening primrose oil
- Flaxseed, linseed oil
- Hazelnut oil
- Macadamia oil
- Peanut oil
- Perilla seed oil

- Rice bran oil
- Soybean oil
- Wheat germ oil

NUTS & SEEDS

- Chestnut, Chinese**
- Chestnut, European**
- Peanut**
- Peanut butter**
- Peanut flour**
- Walnut**

Neutral

- Almond
- Almond butter
- Almond cheese
- Almond milk
- Beechnut
- Brazil nut
- Butternut
- Carob
- Cashew
- Cashew butter
- Chia seed
- Flaxseed
- Hemp seed
- Hickory
- Litchi/lychee
- Macadamia
- Pecan

BODY BY MJ

Type
AB

TYPE AB GROCERY LIST

- Pecan butter
- Pine nut, pignoli
- Pistachio
- Safflower seed
- Watermelon seed

BEANS & LEGUMES

- Lentil, green**
- Natto**
- Navy beans**
- Pinto beans**
- Pinto beans, sprouted**
- Soybean**
- Soybean cheese**
- Soybean, sprouted**
- Soybean, tempeh**
- Soybean, tofu**
- Soy, miso**

Neutral

- Cannellini beans
- Copper beans
- Great Northern beans
- Greens beans
- Jicama
- Lentils, sprouted
- Lentils, all types
- Peas

- Snap beans
- Soybean granules, lecithin
- Soybean meal
- Soybean pasta
- Soy cheese
- Soy milk
- String beans
- Tamarind beans
- White beans

GRAINS & CEREALS

- Amaranth**
- Essene, manna bread**
- Fonio**
- Job's tears**
- Malanga, Tannia, Xanthosoma**
- Millet**
- Oat Bran**
- Oatmeal, Oat Flour, Oats**
- Rice bran**
- Rice flour, brown**
- Rice, basmati**
- Rice, brown**
- Rice, puffed, cakes**
- Rice, white**

- Rice, wild**
- Rye**
- Rye berry**
- Rye flour**
- Soybean flour**
- Spelt, whole grain**

Neutral

- Barley
- Black bean flour
- Cream of rice
- Emmer
- Flaxseed bread
- Graham flour
- Larch fiber
- Lentil flour, dahl
- Mastic gum
- Papadum
- Puffed wheat
- Quinoa
- Rice flour, white
- Shredded wheat
- Spelt flour, noodles
- Taro, Tahitian, poi, dasheen
- Wheat, bran, germ
- Wheat bulgur
- Wheat, durum, semolina, couscous
- Wheat, whole grain flour, white flour

BODY BY MJ

Type
AB

TYPE AB GROCERY LIST

VEGETABLES

- | | | |
|---|---|--|
| <input type="checkbox"/> Alfalfa sprouts | <input type="checkbox"/> Turnip greens | <input type="checkbox"/> Lettuce, green, leaf, Bibb, Boston, iceberg, mesclun, romaine |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Yam | <input type="checkbox"/> Mushroom, black trumpet |
| <input type="checkbox"/> Beet greens | Neutral | <input type="checkbox"/> Mushroom, enoki |
| <input type="checkbox"/> Broccoflower | <input type="checkbox"/> Arugula | <input type="checkbox"/> Mushroom, oyster |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Mushroom, Portobello |
| <input type="checkbox"/> Broccoli, Chinese | <input type="checkbox"/> Asparagus peas | <input type="checkbox"/> Mushroom, straw |
| <input type="checkbox"/> Canistel | <input type="checkbox"/> Bamboo shoot | <input type="checkbox"/> Mushroom, white, silver dollar |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Bok choy, pak choi | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Broccoli leaves | <input type="checkbox"/> Olive, green |
| <input type="checkbox"/> Collard greens | <input type="checkbox"/> Broccoli rabe, rapini | <input type="checkbox"/> Onion, all types |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Oyster plant, salsify |
| <input type="checkbox"/> Dandelion greens | <input type="checkbox"/> Cabbage | <input type="checkbox"/> Pepper, bell |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Carrots | <input type="checkbox"/> Pimiento |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Celeriac | <input type="checkbox"/> Potato, blue, red, yellow, white, with skin |
| <input type="checkbox"/> Grape leaves | <input type="checkbox"/> Chayote, pipinella, vegetable pear | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Heart of palm | <input type="checkbox"/> Chervil | <input type="checkbox"/> Quorn |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Chicory | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Mushrooms, maitake | <input type="checkbox"/> Chinese kale, Kai-lan | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Mustard greens | <input type="checkbox"/> Cilantro | <input type="checkbox"/> Sauerkraut |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Daikon radish | <input type="checkbox"/> Scallion |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Endive | <input type="checkbox"/> Sea Vegetables, kelp, kombu, nori, bladderwrack, wakame |
| <input type="checkbox"/> Sea Vegetables, Irish moss, Spirulina | <input type="checkbox"/> Escarole | <input type="checkbox"/> Shallot |
| <input type="checkbox"/> Sweet potato | <input type="checkbox"/> Fennel | <input type="checkbox"/> Spinach |
| | <input type="checkbox"/> Fiddlehead fern | <input type="checkbox"/> Squash |
| | <input type="checkbox"/> Ginger | <input type="checkbox"/> Swiss chard |
| | <input type="checkbox"/> Horseradish | |
| | <input type="checkbox"/> Jicama | |
| | <input type="checkbox"/> Kohlrabi | |
| | <input type="checkbox"/> Leeks | |

TYPE AB GROCERY LIST

- Taro leaves, shoots
- Tomatillo
- Tomato
- Turnip
- Water chestnut, matai
- Watercress
- Zucchini

FRUIT

- Cherry**
- Cranberry**
- Fig**
- Gooseberry**
- Grapefruit**
- Grape**
- Jack Fruit**
- Kiwi**
- Lemon**
- Loganberry**
- Mamey sapote, mamey apple**
- Pawpaw**
- Pineapple**
- Plum**
- Watermelon**

Neutral

- Acai berry

- Apple
- Apricot
- Asian pear
- Blackberry
- Blueberry
- Boysenberry
- Breadfruit
- Canang melon
- Cantaloupe
- Casaba
- Christmas melon
- Crenshaw melon
- Currant
- Date
- Durian
- Elderberry
- Goji, wolfberry
- Honeydew
- Kumquat
- Lime
- Lingonberry
- Mangosteen
- Mulberry
- Musk melon
- Nectarine
- Noni
- Papaya
- Passion fruit
- Peach
- Pear

- Persian melon
- Plantain
- Prune
- Raisin
- Raspberry
- Spanish melon
- Strawberry
- Tangerine
- Youngberry

BEVERAGES

- Alfalfa tea**
- Burdock tea**
- Chamomile tea**
- Cherry juice**
- Cranberry juice**
- Echinacea tea**
- Ginseng tea**
- Grape juice**
- Green tea, kukicha, bancha, genmaicha**
- Hawthorn tea**
- Lemon and water**
- Milk, rice**
- Pineapple juice**
- Rose hips tea**
- Strawberry leaf tea**
- Vegetable juice**

BODY BY MJ

Type
AB

TYPE AB GROCERY LIST

Watermelon juice

Neutral

- Apple cider, juice
- Apricot juice
- Beer
- Blackberry juice
- Blueberry juice
- Catnip tea
- Cayenne tea
- Chickweed tea
- Cucumber juice
- Club soda
- Dandelion tea
- Dong quai tea
- Elderberry juice
- Elder tea
- Gingerroot tea
- Goldenseal tea
- Grapefruit juice
- Horehound tea
- Licorice root tea
- Milk, almond
- Milk, soy
- Mulberry tea
- Nectarine juice
- Noni juice
- Papaya
- Parsley tea
- Pear juice
- Peppermint tea

- Prune juice
- Raspberry leaf tea
- Sage tea
- Saint John's wort tea
- Sarsaparilla tea
- Seltzer water
- Slippery elm tea
- Spearmint tea
- Tangerine juice
- Thyme tea
- Tomato juice
- Valerian tea
- Vervain tea
- White birch tea
- White oak bark tea
- Wine, red
- Wine, white
- Yarrow tea
- Yellow dock tea
- Yerba mate tea

HERBS & SPICES

- Curry**
- Garlic**
- Ginger**
- Horseradish**
- Oregano**
- Parsley**

Neutral

- Arrowroot
- Basil
- Bay leaf
- Bergamot
- Caraway
- Cardamom
- Chervil
- Chili powder
- Chive
- Chocolate
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cream of tartar
- Cumin
- Dill
- Dulse
- Fennel
- Ginger
- Kelp
- Licorice root
- Mace
- Marjoram
- Mustard, dry
- Nutmeg
- Paprika
- Peppermint
- Rosemary

BODY BY MJ

Type
AB

TYPE AB GROCERY LIST

- | | |
|---|---|
| <input type="checkbox"/> Saffron | <input type="checkbox"/> Lecithin |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Maple syrup |
| <input type="checkbox"/> Salt, sea salt | <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Savory | <input type="checkbox"/> Mayonnaise, tofu, soy |
| <input type="checkbox"/> Senna | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Spearmint | <input type="checkbox"/> Mustard, wheat free,
vinegar free |
| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Rice syrup |
| <input type="checkbox"/> Thyme | <input type="checkbox"/> Salad dressing |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Soybean sauce, tamari,
wheat free |
| <input type="checkbox"/> Vanilla | <input type="checkbox"/> Stevia |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Sugar, brown, white |
| | <input type="checkbox"/> Umeboshi plum, vinegar |
| | <input type="checkbox"/> Vegetable glycerine |
| | <input type="checkbox"/> Yeast, baker's |
| | <input type="checkbox"/> Yeast, brewer's |

CONDIMENTS, SWEETENERS & ADDITIVES

- Miso**
- Molasses,
blackstrap**

Neutral

- Agar
- Agave syrup
- Apple butter
- Apple pectin
- Baking soda
- Brown rice syrup
- Carob syrup
- Fructose
- Fruit pectin
- Honey
- Jams, jelly