

TYPE O GROCERY LIST

MEAT & POULTRY

- Beef**
- Beef, Heart**
- Beef, Liver**
- Beef, Tongue**
- Buffalo, Bison**
- Calf, Liver**
- Lamb**
- Marrow Soup**
- Moose**
- Mutton**
- Sweetbreads**
- Veal**
- Venison**

Neutral

- Bear
- Bone Soup
- Chicken
- Chicken Liver
- Cornish hen
- Duck
- Goose
- Grouse
- Guinea hen
- Horse
- Ostrich
- Partridge

- Pheasant
- Rabbit
- Squab
- Squirrel
- Turkey

SEAFOOD

- Bass, Blue Gill**
- Bass, Sea, Lake**
- Bass, Striped**
- Cod**
- Halibut**
- Mackerel, Spanish**
- Perch**
- Perch, Ocean**
- Pike**
- Red Snapper**
- Shad**
- Sole**
- Sturgeon**
- Swordfish**
- Tilefish**
- Trout, Rainbow**
(wild)
- Yellowtail**

Neutral

- Anchovy

- Beluga
- Bluefish
- Bullhead
- Butterfish
- Carp
- Chub
- Clam
- Crab
- Croaker
- Cusk
- Drum
- Eel
- Flounder
- Grouper
- Haddock
- Halfmoon Fish
- Harvest fish
- Herring
- Lobster
- Mackerel
- Mahi-mahi
- Monkfish
- Mullet
- Mussels
- Ocean pout
- Opaleye fish
- Orange roughy
- Oyster
- Parrotfish
- Pickerel, Walleye

TYPE O GROCERY LIST

- Pilchards
- Pompano
- Porgy
- Rosefish
- Sailfish
- Sailfish roe
- Salmon, Atlantic
- Salmon, Chinook
- Salmon roe
- Salmon, sockeye
- Sardine
- Scallop
- Scrod
- Scup
- Sea bream
- Shark
- Shrimp
- Skate
- Smelt
- Snail, escargot
- Sole, gray/Dover
- Sucker
- Sunfish
- Tilapia
- Trout
- Tuna
- Turbot, European
- Weakfish
- Whitefish
- Whiting

DAIRY & EGGS

- Pecorino Cheese**
- Romanian Urda**

Neutral

- Butter
- Egg white, chicken
- Egg whole, chicken
- Egg whole, duck
- Egg yolk, chicken
- Farmer cheese
- Goat cheese
- Ghee, clarified butter
- Mozzarella cheese

OILS & FATS

- Camelina Oil**
- Flaxseed, Linseed Oil**
- Olive Oil**
- Rice Bran Oil**

Neutral

- Almond oil
- Apricot kernel oil
- Black currant seed oil
- Canola oil
- Chia see oil
- Cod liver oil
- Hemp seed oil

- Macadamia oil
- Perilla seed oil
- Pumpkin seed oil
- Sesame oil
- Walnut oil

NUTS & SEEDS

- Carob**
- Chestnut, Chinese**
- Flax seed**
- Hemp seed**
- Pumpkin seed**
- Walnut**

Neutral

- Almond
- Almond Butter
- Almond Cheese
- Almond Milk
- Butternut
- Chia seed
- Filbert, hazelnut
- Hickory
- Macadamia nut
- Pecan
- Pecan butter
- Pine nut, pignoli
- Safflower seed
- Sesame butter, tahini
- Sesame flour

TYPE O GROCERY LIST

- Sesame seed
- Watermelon seed

BEANS & LEGUMES

- Adzuki Bean**
- Black-Eyed Pea**

Neutral

- Black bean
- Broad bean, fava
- Butter bean
- Butternut
- Cannellini bean
- Garbanzo bean
- Great Northern bean
- Green bean
- Haricot-vert
- Jicama
- Lima bean
- Mung beans, sprouts
- Natto
- Pea
- Snap bean
- Soybean
- Soybean cheese
- Soybean meal
- Soybean, sprouted
- Soybean, tempeh
- Soybean, tofu
- Soy flakes

- Soy milk
- Soy miso
- String bean
- White bean
- Yellow bean

GRAINS & CEREALS

- Artichoke Flour, Pasta**
- Essene, Manna Bread**
- Flaxseed Bread**
- Larch Fiber**

Neutral

- Amaranth
- Black bean flour
- Buckwheat, kasha, soba
- Cream of rice
- Fonio
- Garbanzo bean (chickpea) flour
- Job's tears
- Lima bean flour
- Malanga, tannia, Xanthosoma
- Millet
- Oat, oatmeal, flour, bran
- Quinoa
- Rice bran
- Rice flour

- Rice, basmati
- Rice, brown
- Rice, puffed, rice cakes
- Rice, white
- Rice, wild
- Rye
- Rye flour
- Sago palm
- Soybean flour
- Spelt (whole grain, flour, noodles)
- Spelt flour, noodles
- Tapioca (manioc, cassava, yucca)
- Taro, Tahitian, poi, dasheen
- Teff
- Wheat, whole grain kamut

VEGETABLES

- Artichoke**
- Beet Greens**
- Broccoli**
- Broccoli**
- Canistel**
- Chicory**
- Collard Greens**
- Dandelion Greens**
- Escarole**

BODY BY MJ

Type
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TYPE O GROCERY LIST

- | | | |
|---|--|---|
| <input type="checkbox"/> Fenugreek | | <input type="checkbox"/> Hearts of palm |
| <input type="checkbox"/> Ginger | Neutral | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Grape Leaves | <input type="checkbox"/> Arugula | <input type="checkbox"/> Lettuce (bibb, boston, green leaf, iceberg, mesclun) |
| <input type="checkbox"/> Horseradish | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Mushroom (abalone, black trumpet, enoki, maitake, oyster, Portobello, straw, tree) |
| <input type="checkbox"/> Jerusalem Artichoke | <input type="checkbox"/> Asparagus pea | <input type="checkbox"/> Olive (Greek, green, Kalamata, Spanish) |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Bamboos shoot | <input type="checkbox"/> Oyster plant, salsify |
| <input type="checkbox"/> Kelp | <input type="checkbox"/> Beet | <input type="checkbox"/> Pepper (green, orange, purple, yellow) |
| <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Bok choy, pak choi | <input type="checkbox"/> Pimiento |
| <input type="checkbox"/> Lettuce, Romaine | <input type="checkbox"/> Broccoli, Chinese | <input type="checkbox"/> Poi |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Broccoli leaves | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Onions, All | <input type="checkbox"/> Broccoli rabe, rapini | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Radish sprouts |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Cabbage | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Carrot | <input type="checkbox"/> Sauerkraut |
| <input type="checkbox"/> Sea Vegetables (Irish moss) | <input type="checkbox"/> Cassava | <input type="checkbox"/> Scallion |
| <input type="checkbox"/> Sea Vegetables (Kelp, Kombu, Nori, Bladder-Wrack) | <input type="checkbox"/> Celeriac | <input type="checkbox"/> Shallot |
| <input type="checkbox"/> Sea Vegetables (Wakame) | <input type="checkbox"/> Celery | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Chayote | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Sweet Potato | <input type="checkbox"/> Chervil | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Chili pepper | <input type="checkbox"/> Water Chestnut, matai |
| <input type="checkbox"/> Turnip | <input type="checkbox"/> Chinese kale, kai-lan | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Cilantro | <input type="checkbox"/> Yam |
| | <input type="checkbox"/> Coriander | <input type="checkbox"/> Zucchini |
| | <input type="checkbox"/> Daikon radish | |
| | <input type="checkbox"/> Dill | |
| | <input type="checkbox"/> Eggplant | |
| | <input type="checkbox"/> Endive | |
| | <input type="checkbox"/> Fennel | |
| | <input type="checkbox"/> Fiddlehead fern | |
| | <input type="checkbox"/> Garlic | |

TYPE O GROCERY LIST

FRUIT

- Banana**
- Blueberry**
- Cherry**
- Durian**
- Fig**
- Guava**
- Mamey Spote**
- Mango**
- Plum**
- Prune**

Neutral

- Acai berry
- Apple
- Apricot
- Boysenberry
- Breadfruit
- Canang melon
- Casaba melon
- Christmas melon
- Cranberry
- Crenshaw melon
- Currant
- Date
- Dewberry
- Elderberry
- Goji, wolfberry
- Gooseberry

- Grapefruit
- Grape
- Huckleberry
- Jack fruit
- Kumquat
- Lemon
- Lime
- Lingonberry
- Loganberry
- Loquat
- Mangosteen
- Mulberry
- Musk Melon
- Nectarine
- Noni
- Papaya
- Persimmon
- Pawpaw
- Peach Pear
- Passion fruit
- Persian melon
- Pineapple
- Pomegranate
- Prickly pear
- Quince
- Raisin
- Raspberry
- Sago palm
- Spanish melon
- Starfruit, carambola

- Strawberry
- Watermelon
- Youngberry

BEVERAGES

- Black Cherry Juice**
- Blueberry Juice**
- Cayenne Tea**
- Cherry Juice**
- Chickweed Tea**
- Club Soda**
- Dandelion Tea**
- Fenugreek Tea**
- Gingerroot Tea**
- Green Tea**
- Guava Juice**
- Hops Tea**
- Linden Tea**
- Mango Juice**
- Mulberry Tea**
- Parsley Tea**
- Peppermint Tea**
- Pineapple Juice**
- Prune Juice**
- Rose Hips Tea**
- Sarsaparilla Tea**

TYPE O GROCERY LIST

- Seltzer Water**
- Slippery Elm Tea**
- Vegetable Juice**

Neutral

- Apple Cider
- Apple Juice
- Apricot Juice
- Beet juice
- Cabbage juice
- Carrot juice
- Catnip tea
- Celery juice
- Chamomile tea
- Coconut water
- Cranberry juice
- Don quai tea
- Elderberry juice
- Elder tea
- Ginseng tea
- Goji berry juice
- Grape juice
- Grapefruit juice
- Hawthorn tea
- Horehound tea
- Lemon and water
- Lime juice
- Licorice root tea
- Milk, almond
- Milk, rice
- Milk, soy
- Mullein tea
- Nectarine juice
- Noni juice
- Papaya juice
- Peppermint tea
- Pineapple juice
- Pomegranate juice
- Raspberry leaf tea
- Sage tea
- Skullcap tea
- Spearmint tea
- Thyme tea
- Tomato juice
- Vegetable juice
- Valerian tea
- Vervain tea
- Watermelon juice
- White birch tea
- White oak tea
- Wine, red
- Yarrow tea
- Yerba mate tea

HERBS & SPICES

- Carob**
- Curry**
- Dulse**
- Garlic**
- Ginger**

- Horseradish**
- Kelp**
- Parsley**
- Pepper, Cayenne**
- Red Pepper Flakes**
- Turmeric**

Neutral

- Allspice
- Almond extract
- Anise
- Apple pectin
- Arrowroot
- Basil
- Bay leaf
- Bergamot
- Cardamom
- Chervil
- Chili powder
- Chives
- Chocolate
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cream of tartar
- Cumin
- Dill
- Fennel
- Licorice root

TYPE O GROCERY LIST

- | | |
|---|---|
| <input type="checkbox"/> Marjoram, dry mustard | <input type="checkbox"/> Gelatin, plain |
| <input type="checkbox"/> Peppermint | <input type="checkbox"/> Honey |
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> Jam, jelly |
| <input type="checkbox"/> Saffron | <input type="checkbox"/> Lecithin |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Maple syrup |
| <input type="checkbox"/> Salt | <input type="checkbox"/> Mayonnaise |
| <input type="checkbox"/> Sea Salt | <input type="checkbox"/> Miso |
| <input type="checkbox"/> Savory | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Senna | <input type="checkbox"/> Molasses, blackstrap |
| <input type="checkbox"/> Spearmint | <input type="checkbox"/> Mustard, wheat free,
vinegar free |
| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Rice syrup |
| <input type="checkbox"/> Tyme | <input type="checkbox"/> Salad dressing (low-fat
from acceptable
ingredients) |
| <input type="checkbox"/> Vanilla | <input type="checkbox"/> Soybean sauce, (tamari,
wheat free) |
| <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Stevia |
| CONDIMENTS,
SWEETENERS &
ADDITIVES | <input type="checkbox"/> Sugar, brown, white |
| Neutral | <input type="checkbox"/> Umeboshi plum, vinegar |
| <input type="checkbox"/> Agar | <input type="checkbox"/> Vegetable glycerin |
| <input type="checkbox"/> Agave syrup | <input type="checkbox"/> Yeast, baker's |
| <input type="checkbox"/> Apple butter | <input type="checkbox"/> Yeast, nutritional |
| <input type="checkbox"/> Apple cider | |
| <input type="checkbox"/> Apple cider vinegar | |
| <input type="checkbox"/> Apple pectin | |
| <input type="checkbox"/> Baking soda | |
| <input type="checkbox"/> Barley malt | |
| <input type="checkbox"/> Brown rice syrup | |
| <input type="checkbox"/> Carob syrup | |
| <input type="checkbox"/> Fructose | |
| <input type="checkbox"/> Fruit pectin | |