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# Blood Type A Shopping List

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## Grains and Cereals

- Quinoa
- Brown rice
- Amaranth
- Buckwheat
- Oats

## Legumes and Beans

- Lentils
- Chickpeas
- Navy beans
- Pinto beans
- Black-eyed peas

## Fruits

- Blueberries
- Cherries
- Apples
- Pineapple
- Papaya

## Vegetables

- Kale
- Spinach
- Broccoli
- Brussels sprouts
- Carrots

## Nuts and Seeds

- Almonds
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Walnuts

## Dairy Alternatives

- Almond milk
- Rice milk
- Coconut milk (in moderation)
- Cashew cheese
- Soy yogurt

## Proteins

- Tofu
- Tempeh
- Salmon (in moderation)
- Mackerel (in moderation)
- Turkey (in moderation)

## Herbs and Spices

- Turmeric
- Ginger
- Basil
- Oregano
- Thyme

## Beverages

- Green tea
- Herbal teas (e.g., chamomile, peppermint)
- Watermelon juice (in moderation)



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

