

BLOOD TYPE A MEAL PLAN

DAY 1

Breakfast: Mixed fruit smoothie

Lunch: Hummus wrap

Dinner: Spaghetti with charred tomatoes and shishito peppers

DAY 2

Breakfast: Peanut butter banana oatmeal

Lunch: Easy Portobello tacos

Dinner: Pizza burrito with easy pizza sauce

DAY 3

Breakfast: Easy avocado toast

Lunch: Low-fat creamy mashed chickpea and veggie sandwich

Dinner: Easy black bean enchilada burgers

DAY 4

Breakfast: Salted caramel cashew cacao chunk smoothie

Lunch: Fast black bean burrito

Dinner: Low-fat taco bowl

DAY 5

Breakfast: Berry cobbler overnight oats

Lunch: Balsamic spinach wrap

Dinner: Pizza with veggies, chickpea sausage crumbles, and creamy drizzle

DAY 6

Breakfast: Avocado pizza toast

Lunch: Fast Mediterranean wrap

Dinner: Easy enchilada burrito

DAY 7

Breakfast: Banana split overnight oats

Lunch: Flatbread with white bean puree and asparagus

Dinner: Easy black bean enchilada burger (leftover)

