

Flat Belly Lifestyle Presents

DO YOU KNOW YOUR **BLOOD** TYPE?



LEARN HOW CHICKEN & SHRIMP
ARE TOXIC TO TYPE B BLOOD.



READ HOW TYPE O'S SHOULD
AVOID CATFISH, MOST
GRAINS, & AVOCADOS.



LEARN WHY ANIMAL MEAT IS
MORE HARMFUL FOR THOSE
WITH TYPE A BLOOD.



NEUTRAL GROCERY GUIDE

FLAT BELLY LIFESTYLE 2.0

Congratulations on taking the first step in joining the plant-based for your blood type movement! We have heard the saying, “You are what you eat.” This is truer than ever. We spend more than \$2.5 trillion in the US on our food, drinks, and supplements and are suffer the consequences of our poor choices.

Heart disease is the leading killer of both men and women, followed by Cancer. These two diseases alone kill more than 1,200,000 people annually in the United States (US). **Heart disease kills approximately 100,000 African-Americans annually in the United States, and we are disproportionately impacted compared to other races.**

African American/black individuals bear a disproportionate share of the cancer burden, having the highest death rate and the lowest survival of any racial or ethnic group for most cancers. - American Cancer Society Journals.

Compared to other races, African-Americans are disproportionately impacted by deaths from Diabetes. -National Institute of Health

This is compounded by the fact that we have been eating against our blood types.

Do you know your blood type? Did you know your health is directly impacted by the foods you consume and whether or not they are designed for your blood type? **When you consistently eat against your blood type and overconsume animal meat, fried foods, sugar, and processed food, it can cause violent levels of inflammation and even premature death.** By understanding your blood type and its role in your diet and lifestyle, you will begin to take control over your life and health.

It is imperative that you not only know your blood type, but you help empower your family, friends, and neighbors to do the same. Our goal is to spark a movement that inspires more than 1,000,000 people to learn their blood type over the next 18 months.

It is also more critical than ever that we consume raw living fruits and vegetables, increase our daily intake of vegetable juice and detoxify our colon. Remember, you cannot heal a sick body with animal meat and processed food. The body is craving living whole foods. While you can start in phase 1, we encourage you to move to Phase 3 during your next challenge.

This e-book contains blood type guidelines, a neutral grocery list that works for all blood types, testimonials, and resources to help guide you through the process with the support and tools you need. But first, it is important to understand the danger of eating food not suitable for your blood type.

WHY YOU MUST EAT ACCORDING TO YOUR BLOOD TYPE

Protein lectins are found in food. Lectins are a type of "antinutrient." Depending on your blood type, some protein lectins are more problematic. When you eat a food containing protein lectins that are incompatible with your blood type antigen, the lectins target an organ or bodily system (kidneys, liver, brain, stomach, etc.) and begin to agglutinate blood cells in that area.

When we eat and drink, our bodies determine whether those substances are "friends or foes. If you are experiencing severe joint pain, irritable bowel syndrome, cirrhosis of the liver, kidney disease, tumors, diabetes, heart disease, or other chronic diseases, chances are you have been eating against your blood type.

When you review the grocery list, it is important to avoid that item if something says (type O avoid), especially in the beginning. As your body gets healthier, you will be more equipped to deal with incompatible lectins. Also, during our Phase 3 cleanse, when your body is eating raw, you will be allowed to eat fruit and vegetable containing incompatible.

If you are ready to take your life to the next level, it is time to jump in and outline your next steps on the next page.



NEXT STEPS

If you ordered your products but haven't taken your blood type test and scan/survey, we recommend doing that right away. These are three essential steps to help move you in the right direction.

STEP ONE: Take the Blood Type Test



STEP TWO: Take the Health Status Survey or Bio Scan



STEP THREE: Order the Product Pack (Phase 1, Phase 2 or Phase 3)



The next page jumps into recommended guidelines and then the approved neutral grocery list. Once you go online to www.FlatBellyLifestyle.com and join our online community and fill out the survey with your blood type, you will receive a grocery list with the foods that are beneficial and neutral as well as food you should avoid.

HOW TO SELECT YOUR PHASE

Phase one lasts for 9-weeks, and it is our most flexible phase along with fish and even pasture-raised poultry. This phase will help facilitate weight reduction, fat loss, and muscle building.

Phase two also lasts for 9-weeks. It is our plant-based vegan option that allows cooked food. By eliminating animal meat, you will start moving your health in the right direction and experience weight reduction, fat loss, and muscle building.

Phase three lasts for 21-days. This phase helps the body repair and renew. Not only will you look younger and feel better, but it allows your body experience a biological age reversal. This phase is about losing the waste, not weight. For those who need weight loss, the results are often dramatic. If you are at your ideal weight, don't be afraid to lose more. You can add back weight and build muscle once the cleanse is over.

There is also an optional 90-day post regimen for those who participate in phase three. This phase will allow your body to stay in the healing phase of age reversal. Our post-regimen focuses on eating for your blood type and properly combining your food. While we encourage a complete vegan plant-based lifestyle, the post regimen allows fish, pasture-raised poultry, and other cooked options.



PHASE 1
PLANT-FOCUSED



PHASE 2
PLANT-BASED



PHASE 3
RAW PLANT-BASED



SELECT YOUR PHASE

Phase	Guidelines
1	You can select any food from our grocery list, including animal meat and Phase 1 approved, processed foods. Limit your intake of processed foods. For optimal health, we recommend that you start focusing on consuming food designed for your blood type.
2	This phase is entirely plant-based. Avoid all meat, fish, and dairy for at least 21-days in both November and December. During Phase 2, avoid the Phase 1 approved, processed foods list and rely on more whole foods.
3	Phase 3 is our raw plant-based intensive detox. This phase should be paired with our special supplements designed to eliminate mucus, remove waste and nourish the body with Super Foods. Avoid all animal products during this phase. Cooked foods can create mucus. While you are detoxing, avoid cooked foods. Phase 3 will last from 7-21 days based on the severity of your health.

TYPE	PLANT-BASED FOR YOUR BLOOD TYPE
O	O stands for old is the most common type. This blood type represents the ancient blood of our early ancestors and provides for a robust immune and digestive system. They handle stress well in the short term and have thinner blood. Our ancestors with type O blood spent a significant amount of time hunting and gathering food. The high stomach acids help to break down meat but also lead to ulcers. They should include vegetables, fruit and avoid wheat and most dairy.
A	The A's known as Agrarian's are prone to the most health issues. On the positive side, they also have a long list of strengths which include adaptive to change, ability to metabolize nutrients, being organized, sensitive to the needs of others, good listeners, detail-oriented, analytical, domestic, creative, and inventive. As far as weaknesses go, the list is long. They are prone to anxiety, have a weaker digestive and immune system, experience issues with congestion, OCD, experience negative emotions, suffer from a lack of sleep and weather sensitivity. A plant-based diet works best due to lower stomach acids.
B	B stands for balance. The blood type came about based on the migration of humans to northern climates. B blood represents the adaptability of the human body and strong acceptance of a variety of food. Someone with this blood-type usually has a strong immune and digestive system. In addition, they have a balanced nervous system and are generally flexible and outgoing. Weaknesses include the fact they tend to hold in stress and sometimes overreact. They also have difficulty recovering from stress.
AB	AB represents the enigma. This blood type evolved based on tolerance and adaption. Strengths included charismatic and able to adapt quickly to modern conditions. Weaknesses included digestive issues and an overly tolerant immune system. Most of the A and B diet work for this type, however a plant-based diet is preferred.

PHASE 1 GROCERY LIST

Until you know your blood type, only select neutral items. The neutral items are the ones that no blood type has to avoid. Until you know your blood type, only choose the neutral items.

PROTEIN

Select one protein per meal. Try some of our meatless options for maximum health. We have included Plant-Based Proteins on page 5. Men should consume less than 6 ounces of animal protein daily and women 3 ounces.

POULTRY – Select Pasture raised only. This includes your eggs. Free range or just an organic label does not imply pasture raised.

Chicken, Pasture Raised
(Type B Avoid)
Turkey
Ostrich
Omega 3, Eggs (White, Yolk or Both)

MEAT – (Grass-Fed)

Bison (A & AB Avoid)
Lamb, NZ Grass Fed (Type A Avoid)
Beef, Grass Fed (Type A & AB Avoid)

FISH (WILD CAUGHT ONLY)

Carp
Catfish (Type A and O Avoid)
Cod, Atlantic
Halibut (Type A, B & AB Avoid)

Grouper (Type A, B & AB Avoid)
Mackerel, Atlantic
Orange Roughy
Perch, Ocean
Perch, Silver
Perch, White
Perch, Yellow
Pickerel
Pike, Walleye
Red Snapper
Salmon, Atlantic
Salmon, Pacific
Sardine, Atlantic
Sardine, Canned in Oil
Shark, Mixed Species
Sole (Type A & AB Avoid)
Trout (B & AB Avoid)
Tuna, Fresh
Tuna, Blue Fin
Whitefish
Whiting (AB Avoid)

SEAFOOD

Crab (Type A, B & AB Avoid)
Lobster (Type A, B & AB Avoid)
Octopus (Type A, B, AB & O Avoid)
Oysters (Type A, B & AB Avoid)
Scallops (Type A Avoid)
Shrimp (Type A, B & AB Avoid)
Snails (Type B Avoid)
Squid (Type A, AB & O Avoid)

RIGHT-CARBS

FRUIT

Avocado (Type O, B & AB Avoid)
Apples
Bananas, Green (Type A & AB Avoid)
Blackberries (Type O Avoid)
Blueberries
Boysenberries
Breadfruit
Cherries
Cherry Juice
Cranberries
Cranberry Juice
Currants, Red & Black
Elderberries
Figs, Dried
Gooseberries
Grape
Grapefruit
Kiwi (Type O Avoid)
Kumquats
Lemons
Limes
Loganberries
Mango, Green (Type A & AB Avoid)
Mulberries
Nectarines
Nectarine Juice
Oranges (Type O, AB, and A Avoid)
Papaya, Green (Type A Avoid)
Peaches
Pears
Pear Juice

Pineapples
Plantains (Type A & O Avoid)
Plums
Pomegranate (Type B & AB Avoid)
Prunes
Raisins
Raspberries
Strawberries
Watermelon
Youngberry

VEGETABLES

Arugula
Asparagus
Bamboo Shoots
Beet
Beet Greens
Bok Choy Cabbage
Broccoli
Broccoli Sprouts
Broccoli, Rabe
Cassava (Type B & AB Avoid)
Carrot Juice
Celery
Chicory Roots
Cauliflower (Type O Avoid)
Collard Greens
Cucumber (Type O avoid, everyone else remove seeds and skin)
Daikon Radish
Dandelion Greens
Endive
Escarole
Fennel, Bulb
Fiddlehead Ferns
Garlic
Ginger Root
Horseradish
Kale
Kelp
Kohlrabi
Lettuce, All Types
Lettuce, Romaine
Mushroom, Common (Type O

avoid)
Mushroom, Enoki
Mushroom, Maitake
Mushroom, Oyster
Mustard Greens
Okra
Onions, Raw
Parsley
Parsnips
Pimento
Radicchio
Rutabagas
Scallions
Seaweed
Shallots
Spinach
Squash (Remove skin and seeds)
Swiss Chard
Tomato (Type A & B avoid, everyone else remove skin and seeds)
Turnips
Water Chestnuts, Chinese
Water Cress, Garden
Zucchini (Remove skin & seeds)

RESISTANT STARCHES

Green Plantains (Type A & O avoid)
Green Bananas (Type A avoid)
Sweet Potatoes or Yams (Type A avoid)

BEANS (Pressure Cooked Only)

Black Beans (AB & B Avoid)
Black Eyed Peas (AB & B Avoid)
Cannellini
String Bean, Green
Lentils (B Avoid)
Northern Beans
Pinto Beans (B Avoid)
String Bean, Yellow
Soy Bean, Non-GMO
White Beans

GRAINS

Amaranth (Type B Avoid)
Essene (Manna) Bread
Ezekiel Bread
Gluten-Free Bread
Millet, Cooked
Millet Flour
Oat Flour
Oats
Quinoa
Rice Bran
Rice Cakes
Rice Flour
Rice Milk
Rice, Puffed
Rice, Basmati
Rye Bread (100%)
Soy Flour
Spelt
Spelt Four
Tapioca
Wheat Bread, Sprouted

BEVERAGES

Champagne
Green Tea
Coffee (Type O Avoid)
Pellegrino (Type B Avoid)
Red Wine, Non-Sweet
White Wine (Type O Avoid)

HERBS & SEASONINGS

Arrowroot Flour
Basil
Bay Leaf
Bergamot
Caraway Seed
Cardamom
Carob Flour
Chervil
Chili Powder (Avoid A Secreters)
Chives
Chocolate, Cocoa
Cilantro

Cloves
 Coriander
 Cream of Tarter
 Cumin Seed
 Curry Powder
 Dill Seed
 Dulse
 Garlic Powder
 Licorice Root
 Marjoram, Dried
 Mustard, Powder
 Onion Powder
 Oregano
 Paprika
 Parsley
 Pepper, Black (Type A, B & AB & O Avoid)
 Peppermint
 Rosemary
 Saffron
 Sage, Ground
 Savory, Ground
 Spearmint
 Tarragon, Ground
 Thyme, Fresh
 Turmeric, Ground
 Vanilla Extract

MISCELLANEOUS

Apple, Pectin
 Agave (Limit)
 Baking Soda
 Blackstrap Molasses (
 Lecithin
 Sea Salt, Table
 Stevia (Type B Avoid)
 Yeast, Baker's
 Yeast, Brewer's
 Yeast, Nutritional

OILS/FATS

Oil

Almond Oil
 Black Currant Seed Oil
 Cod Liver Oil
 Flax Seed Oil
 Hemp Seed Oil
 Olive Oil, Bragg's
 Walnut Oil

NUTS (Unsalted)

Almond Flour
 Almond, Skinless
 (Blanched)
 Almond Cheese ***
 Butternuts
 Flax Seed
 Macadamia Nuts
 Pecans
 Pine Nuts (Type B Avoid)
 Walnut, Black
 Walnut, English

BUTTER

Ghee, Grass Fed

NUT BUTTER

(Unsweetened)

Almond Butter, Blanched
 Tahini

NUT & PLANT-BASED MILK

(Unsweetened)

Almond Milk
 Rice Milk

DAIRY

Cottage Cheese (Type A & O
 Avoid)

Feta Cheese
 Sour Cream (Type O Avoid)
 Goat Cheese
 Goat Yogurt
 Buffalo Mozzarella (Type O
 Avoid)
 Whey Protein (Type A & O Avoid)

PLANT-BASED PROTEIN

As it relates to plant-based
 proteins and blood types,
 there is not a lot of
 research available.
 Fortunately, based on
 hundreds of scans
 performed over the years,
 we can conclude that
 plant-based proteins
 appear to help improve
 health and reduce risk
 factors for heart disease.
 We will provide more data
 on this soon. Your next
 step is getting scanned
 with the technology
 provided by our system so
 that you can assess which
 regimen will work best for
 you. Currently, we are
 setting up appointments in
 Chicago, IL.

Quorn, Meatless
 grounds
 Hemp Tofu
 Tempeh (Type B Avoid)
 Soy Tofu (Type B Avoid)
 Hemp Protein Powder

PHASE 1 APPROVED PROCESSED FOODS

Processed foods have multiple ingredients. Since not every ingredient will suit your blood type, work to find processed foods most ideal for your blood type. Read labels and consume in moderation. The focus should be WHOLE foods. We recommend that you do a bio scan periodically to identify a pattern of which foods work better for your blood type and lifestyle. Dramatic weight loss and improved health happen when we make healthier choices like avoiding gluten, reducing sugars, eliminating meat and dairy, and going grain-free. However, sprouted grains along with grains like millet and basmati rice work for all blood types. Your focus should be consuming a large variety of vegetables along with 2-3 pieces of fruit daily.

VEGGIE MEAT

Hillary's Hemp &
Greens Burger

GRAIN FREE BREAD & TORTILLAS/CHIPS

Rhythm, Cauliflower
Bites
Rhythm, Kale Chips
Late July Lime Tortilla
Chips, Grain Free
Siete Lime Tortilla
Chips, Grain Free
Cali'Flour Pizza Crust
Cali'Flour Sandwich
Thins
Siete Tortillas, Almond
Flour
Siete Tortillas, Cassava
Flour

GRAIN FREE PASTA & RICE

Miracle Noodles
Miracle Rice

BREAKFAST

Birch Benders Paleo
Frozen Waffles
Birch Benders Keto
Frozen Waffles
Birch Benders Paleo
Pancake Mix
Birch Benders Keto
Pancake Mix
Bob Red Mills, Kamut,
Puffed Cereal
Bob Red Mills, Millet,
Puffed Cereal

CHOCOLATE

Lily's Dark Chocolate
salted caramel
Lily's Dark Chocolate
Covered Almonds
Unreal Dark Chocolate
Almond Butter Cups
Simple Mills Almond
Brownies

DESSERTS

So Delicious, Vanilla
Bean Ice Cream (Sugar
Free)
So Delicious, Chocolate
Mint Ice Cream (Sugar
Free)
So Delicious, Chocolate
Ice Cream (Sugar Free)
So Delicious Coconut
Whip Cream

SWEETENERS

Stevia
Inulin
Maple Syrup, Lakanto
Monk Fruit
Erythritol

DRINKS

Kombucha, Kevita

Dairy Cheese & Milk

If you are a type B blood, dairy works better for you than type A and O, but avoid dairy or focus on plant-based milk alternatives. Grass-fed goat yogurt is a better option if you insist on dairy. Most dairy products contain lactose (unless marked as lactose-free). So, avoid dairy if you are lactose intolerant. If you must drink cow milk, only drink milk derived from A2 cows. You will find

A2 milk at your local health food store. Select grass-fed and organic. Alexandra Farms is the better choice. The majority of the cheese and milk available in the United States comes from cows with A1 Casein. American Dairy has the A1 Casein and will disrupt your progress towards health, weight loss, and vitality. It is best to select dairy-free alternatives like unsweetened almond or rice milk. Type A blood does well with organic GMO-free soymilk. If giving up cheese and milk is a deal-breaker, switch to dairy products derived from the A2 cow.

Should you eat white rice or brown rice? Brown rice has the bran and germ still intact, which acts as a digestive irritant. Long-term in sensitive individuals, it can cause digestive issues and even food intolerance. Unfortunately, most American rice is bleached and over-prepped. This process strips the rice of its nutritional value. The Japanese are heavy consumers of white rice but do not bleach their rice. They consume Basmati Rice (white) combined with a healthy diet, fruit, healthy fats, and wild-caught fish.

If you decide to start or stay in Phase 1, it is critical that you pay close attention to the quality of animal protein you consume. While some fats are your friend, animal fat will lead to heart disease and other chronic issues. Select cuts of meat that are 95% lean. Make sure any lamb or beef you consume is grass-fed. It is also important that you only consume wild-caught fish and seafood. Some grocery stores offer seafood that is responsibly farmed. Wild-caught is always your best option, but responsibly farmed is much better than the typical toxic farming that happens with fish.

Only consume organic pasture-raised eggs. For those with Type O blood who are African-American, we recommend that you avoid eggs.

We hope this serves as a helpful guideline to putting you on track for living a healthier life. Before starting any new nutritional program, please consult with your healthcare provider or Physician. These statements should not be used as medical advice to treat, cure, diagnose or prevent disease. The FDA has not approved these statements.

AN IMPORTANT NOTE: This grocery list is not intended as a replacement for medical advice from your Physician or healthcare provider. WAKANNA For Life and the authors are not responsible for any service or products mentioned in this list and disclaim any liability for fulfillment and any damage, expense, or loss relating to them.



PHASE 3 RESULTS (RAW 21-DAY)

RESULTS

BEFORE



AFTER



GAYLE KING FORMER MODEL

Gayle King, a former model for Dark 'N Lovely joined the 21-Day Raw Cleanse to back into her model figure.



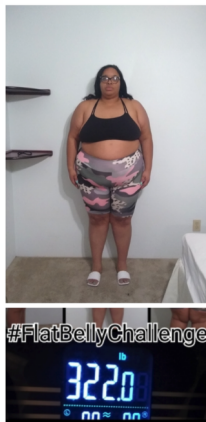


**Sending Love and
Light to all those
starting the 21 Day
Cleanse in Jan
2022. It works!!! ☑☑
My 21 Day "Raw"
Cleanse was from
11/16/21 - 12/6/21.**

Jocelyn Harris



PHASE 1 RESULTS



FLAT BELLY CHALLENGE

8/7/2021 9/11/2021 10/6/2021



SUPPORT TOOLS



Helpful Resources

[www.fb.com/groups/flatbellylifestyle](https://www.facebook.com/groups/flatbellylifestyle)
www.FlatBellyLifestyle.com
support@wakanna.com

Fast Food Options

Mod's Pizza (Cauliflower or Gluten-Free Crust & Vegan Cheese)
Subway (Salad with Spinach, Vegetables & Turkey)
Restaurant Dining (Wild-Caught Fish and Veggies)
Chipotle (Salad with Chicken or Veggie Meat)

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Melissa A. Boston



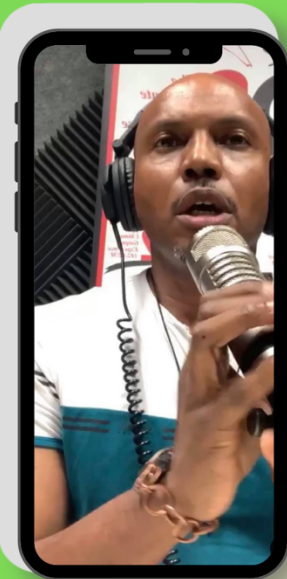
A TICKING TIME BOMB "MY STORY"



"When my appendix erupted at 19, I was misdiagnosed for more than a week. I had no idea; I was a ticking time bomb on the verge of imminent death. When I finally returned, they rushed me in for an exploratory operation. My body was full of toxins and e.coli. My doctors were astounded that I had survived this. The surgeon professed to my grandmother that I had a 50% chance of living or dying.

By the grace of God, I live to share the story. Back then, as a Type A Blood, I had no idea that my diet was killing me. I would study the vegan and vegetarian lifestyle in 2012 and publish Proverbs Diet, Wellness for Your Life's Purpose in 2013. I have helped thousands of people across 40 plus countries make healthier lifestyle choices."

Eric Prince, Naturopathic Doctor



Eric Prince, a Naturopath, has helped hundreds of people reverse chronic disease through diet and lifestyle changes. He was motivated to help people after he couldn't help his grandmother, who died of a heart attack during Thanksgiving in 1979. He also faced his health challenges due to a toxic relationship, eating against his blood type, and overconsuming animal protein.

Quick Bio:

Emergency medicine at Malcolm X college

Chemical engineering/ Psychology

The University of Illinois in Champaign/Urbana.

Holistic Health/Naturopathy Under Dr. Laila Afrika

Big Ten track and field athlete

Masters track and field athlete

2011 Masters World Champion in the 400 meters

Now in training for the 2022 collegiate Track and Field season.