

The **ABO** GenoType® Bread Basket ...



Do You Know Your GenoType?

Get yourself measured : <http://www.genotypediet.com>

Find out more about the bread: <http://www.breadonline.co.uk>

Hunter GT1 (Bloodgroup O)

Hunters are prone to gut problems like coeliac disease, a digestive intolerance to wheat, rye, and barley.

To avoid intestinal damage, stick with these **ABO breads**:

Superfood: Rice – Linseed – Quinoa – Pea - Buckwheat (bread & pizza base) – Glutini® (assorted, rice, linseed, pea, raw cacao, quinoa)

Gatherer GT2 (Bloodgroup O/B)

As a Gatherer, your GenoType Diet emphasizes low-glycaemic foods — those low in sugar and carbohydrates.

Avoid most whole-grain varieties. **ABO bread**:

Superfood: Essene.

Helps Slimming: Quinoa bread

Teacher GT3 (Bloodgroup A/AB)

The wrong bread choices can feed bacteria by leaving a carbohydrate residue in the digestive tract. Avoid Toxins made from durum (pasta), sprouted, or white wheat flour, while emphasizing Teacher Superfood breads .

ABO bread:

Superfood: Buckwheat (bread & pizza base) – Linseed – Quinoa – Rice – Soya –

Spelt (bread & pizza base) - Glutini® (assorted, soy, rice, quinoa, linseed, buckwheat)

Helps Slimming: Pea bread

Explorer GT4 (Any Bloodgroup)

Spelt or 100 percent sprouted makes for an ideal Explorer bread choice. Yet white, whole-grain, and flaxseed breads will inhibit your metabolism and should be avoided to ensure proper calorie burn.

ABO bread:

Superfood: Essene – Spelt (bread & pizza base)

Helps Slimming: Pea – Quinoa – Rice bread

Warrior GT5 (Bloodgroup A/AB)

A Warrior's metabolism does well with whole grains. **ABO bread**:

Superfood: Quinoa – Spelt (bread & pizza base) – Soya – Glutini® (quinoa & soya)

Helps Slimming: Rye & Spelt – Rye – Rice – Pea – Linseed – Glutini® cacao

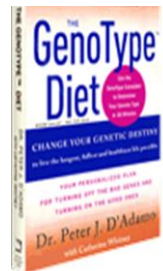
Nomad GT6 (Bloodgroup B/AB)

Stick with gluten-free and maize (corn)-free breads to avoid irritating your already compromised gut lining. Brown- and white-rice flours make great wheat alternatives for bread flour and won't cause fatigue and inflammation in Nomads.

ABO bread:

Superfood: Linseed – Pea – Quinoa – Rice – Glutini® (linseed, pea, quinoa, rice)

Blood Group and GenoType information based on data on Dr. D'Adamo's website.



The GenoType Diet is the latest evolution of Dr. Peter J. D'Adamo's Blood Type Diet. Learn about the link between genes and fat loss, and how eating for your GenoType can help you achieve maximum results!

[Buy the book now!](http://tinyurl.com/749q5t)

Information		
A AB B O BloodType™ Diet	GT1 GT2 GT3 GT4 GT5 GT6 GenoType® Diet	Ye Baker's Yeast Free
Freshly Milled Wholegrain	Seagrass With Seaweed	Revitalised Filtered Water
V Dairy Free Vegetarian	GM Organic GM Free	Xa Xanthan Gum Free



Buy the book: <http://tinyurl.com/749q5t>

ABO Quinoa Bread. A Superfood for all Genotypes!
See Icons on side of pack.