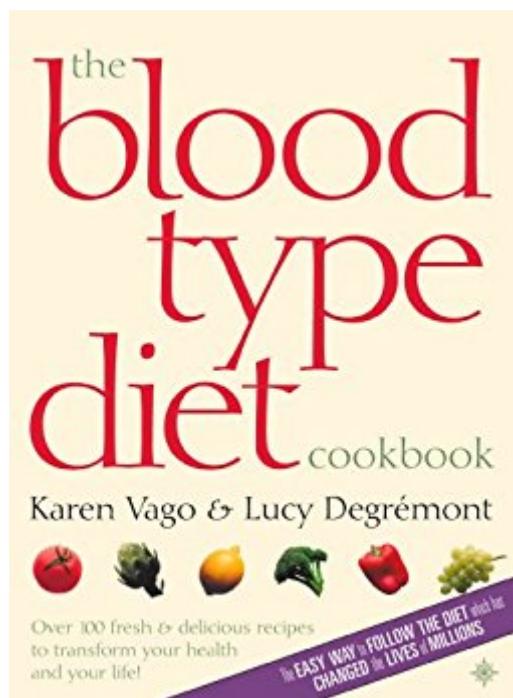


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# The Blood Type Diet Cookbook



## **Synopsis**

An eating plan and over 100 delicious recipes to suit each of the blood types, in a diet made famous by Dâ™Adamoâ™s bestselling Eat Right for Your Type. Peter D'Adamo's book Eat Right 4 Your Type has revolutionised the way many people eat. The theory behind it is that the four different blood groups; O, A, B and AB need four different diets. What may be beneficial to one blood group is undoubtedly harmful to another. The Blood Type Diet Cookbook explains the workings of the diet, and as it is written by real â™food loversâ™ rather than a nutritionist, it provides truly delicious recipes for enthusiasts of this bestselling and revolutionary diet. The book contains:â¢easy-to-follow planâ¢blood type food listsâ¢over 100 recipes which can be adapted to suit the different blood types.

## **Book Information**

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## **Customer Reviews**

I recently started the ER4YT lifestyle diet (I'm an O), and this book has been a delight. It not only provides over 120 recipes, but does so as an entertaining read, well-laid out, with background history about and cultural uses of the ingredients tucked in here and there amongst the recipes. It makes reading the whole book (and all the recipes) a pleasure. The recipes are pretty quick and easy to

make- a welcome feature for all of us busy folk! Each recipe has the means of adapting the recipes for different types at the top of the text- allows me to quickly see which recipes I can use, and specifically how to make them usable. Most of the recipes are adaptable, so you don't feel like there are big chunks of unusable info here. I highly recommend this book- enjoy!

My sister and her husband started this a year ago and this was the perfect gift to refresh what they already know about the Blood Type Diet, they both feel better and have been loosing unneeded weight and building better stamina etc.

Karen Vago did a marvelous job writing this book! I cannot praise it enough, as it contains not only incredible recipes, but nutritional facts about food that you might not catch by reading Dr D'Adamo's books alone. I can't wait to say I've tried every recipe! Highly recommended.

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Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) The Food Combining/Blood Type Diet Solution: A Personalized Diet Plan and Cookbook for Each Blood Type Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Eat Right 4 Your Type Personalized Cookbook Type A: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type AB: 150+ Healthy Recipes For Your Blood Type Diet By Dr. Peter J. D'Adamo - Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet (1st Edition)

(9.1.2013) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet, diabetes, reverse type 2, atkins) Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life Blood Type Diet: A Starter Guide: Eating Based on Blood Type for Health and Wellness

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