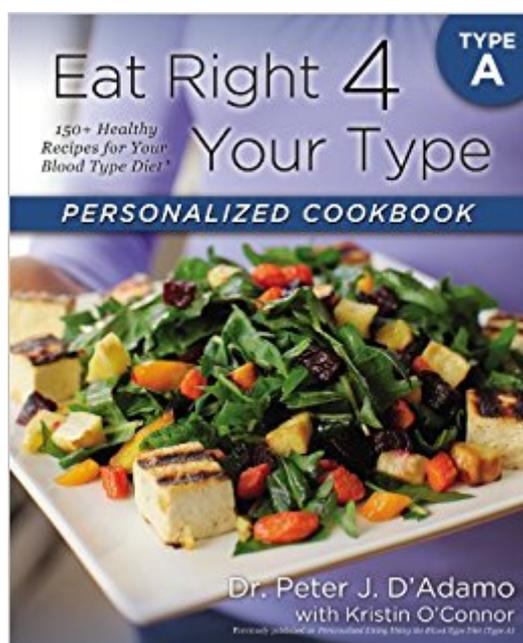


The book was found

# Eat Right 4 Your Type Personalized Cookbook Type A: 150+ Healthy Recipes For Your Blood Type Diet



## Synopsis

MORE THAN 150 RECIPES CRAFTED FOR YOUR BLOOD TYPE A DIET Based on his revolutionary and highly effective Blood Type Diet ®, Dr. Peter J. D'Adamo with personal wellness chef Kristin O'Connor has written a set of practical, personalized cookbooks, so you can eat right for your type every day! Packed with recipes specifically designed for your Blood Type A diet, the Personalized Cookbook features a variety of delicious and nutritious recipes for breakfast, lunch and dinner as well as snacks, soups and other tempting treats that make eating right for your type easy and satisfying. It is an essential kitchen companion with masterfully-crafted recipes that make cooking with plant-based proteins, whole grains, organic vegetables and fruits an exciting and healthy adventure. In this book, you will find delicious recipes for Blueberry Macadamia Muffins, Roasted Artichoke Greek Salad, and Moroccan Tofu Tagine. In addition to over 150 recipes and beautiful color photos, this book also includes:

- Valuable tips on stocking the Blood Type A pantry and freezer
- Creative ideas for last minute meals
- A four-week meal planner
- Recipes tagged for non-Secretors and suitable substitutions

Previously published as Personalized Living Using the Blood Type Diet (Type A)

## Book Information

Paperback: 256 pages

Publisher: Berkley; 1 edition (October 1, 2013)

Language: English

ISBN-10: 0425269450

ISBN-13: 978-0425269459

Product Dimensions: 7.4 x 0.7 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (376 customer reviews)

Best Sellers Rank: #13,517 in Books (See Top 100 in Books) #7 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #369 in Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

This is a must have for anybody really trying to follow the A Blood Type diet. Planning meals from this book is so much more relaxed than trying to amend other recipes to fit the blood type diet. It has made grocery shopping and meal planning much easier for me. Plus, the recipes are delicious. The

Veggie Lasagna is the best veggie lasagna I have ever had! And some of the meals seem so indulgent compared to how I was trying to follow the blood type diet on my own - especially the Herb-Crusted Turkey Breast, Stone-Fruit Salad, and Fish Tacos. Major props to Chef Kristin O'Conner for developing such healthy, delicious meals!HOWEVER, this book is poorly edited and not appropriate for people just beginning to cook. There is no ingredient index, no sense of how long recipes will take to make, not enough suggestions for pairing food, and too many omissions/typos. One soup recipe says to "add water bring to boil and simmer," but never says how much water. I guessed 4 c. and it worked out. Another says "bake until..." but it never says how long or at what temperature. Some recipe titles mention ingredients that are not in the recipe! This is poor editing, and should be improved for future editions. I would recommend that the publisher create a site for people to report such omissions/ typos.Other suggestions for the next edition.- A list in the introduction of where featured ingredient explanations are located and suggestions for buying and storing rare ingredients.- index!- weekly meal planners with shopping lists that minimize how many ingredients must be bought. Buying many ingredients that I only need small amounts for make following the A blood type diet much more expensive and harder to follow.

[Download to continue reading...](#)

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 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) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life The Food Combining/Blood Type Diet Solution: A Personalized Diet Plan and Cookbook for Each Blood Type Blood Type Diet: Revealed: A Healthy Way To Eat Right And Lose Weight Based On Your Blood Type 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) Eat Right for Your Type Live Right for Your Type (4 blood types, 4 diets 4 blood types, 4 programs) Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) Cardiovascular Disease: Fight it with the

Blood Type Diet: The Individualized Plan for Treating Heart Conditions, High Blood Pressure, High ... (Eat Right 4 (for) Your Type Health Library) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) 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) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) 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) Type 2 Diabetes: Take Control Of Your Blood Sugar Level Naturally With 39 High Fiber, Healthy Carb Diabetes Recipes-Maintain Healthy Blood Sugar And Reverse ... Cookbook, Diabetes Diet Plan Book 6) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)