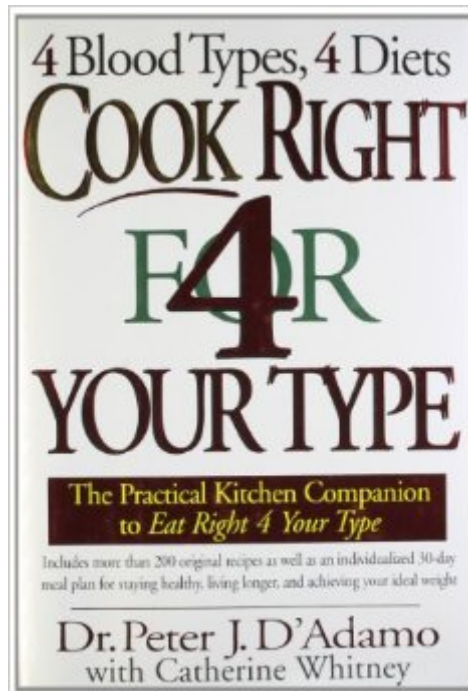


The book was found

Cook Right 4 Your Type: The Practical Kitchen Companion To Eat Right 4 Your Type



Synopsis

4 Blood Types, 4 Diets. That was the call that brought more than 300,000 people out to buy the most innovative diet book of the decade, the first to tell us what everyone instinctively knows: that different people need different diets. After nearly twenty years of research, Dr. D'Adamo revealed the connection between blood type, diet, and health. Now, with the help of a team of chefs, Dr. D'Adamo presents a book chock-full of background and delicious recipes for each blood type. For meat eaters or vegetarians, thirty-day meal plans help you integrate the diet into your life, and there's plenty of advice for eating well on the run. Cook Right 4 Your Type is the essential guide for living with a sensible diet individualized for you while still allowing you to eat foods that seem like major indulgences. From lamb stew to lemon squares, from braised vegetables to delicious soups, you'll barely notice you've started a regimen designed to optimize your health, your weight, and your total well-being.

Book Information

Hardcover: 464 pages

Publisher: Berkley; Complete Numbers Starting with 1, 1st Ed edition (December 28, 1998)

Language: English

ISBN-10: 0399144374

ISBN-13: 978-0399144370

Product Dimensions: 6.5 x 1.5 x 9.4 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (249 customer reviews)

Best Sellers Rank: #66,115 in Books (See Top 100 in Books) #13 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets](#) #179 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods](#) #1076 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

I dug out my copy of Peter D'Adamo's ER4YT after being told to embrace the diet by my health care practitioner. I admit to being skeptical at first, the idea of blood type having anything to do with what you ate, how you felt and what kind of personality you had seemed a bit far-fetched. I also wondered how I would adapt to the largely unavailable whole grains and Omega-3 rich fish that I was supposed to be eating. Unfortunately, I live in an area where whole foods are considered extravagantly obsessive and seafood means shrimp and crawfish, both no-nos for me on this

dieting plan. My shopping is now limited to a once a week foray into the city to the only Whole Food Market in the entire metro area! Nonetheless, I find the on-going results positive. I am eating lots of fruit, fish, the occasional chicken and turkey enhanced by lots of soy products. I have even begun juicing again, taking my juicer down from the supply closet where it was placed when I was in my low-carb phase. I have discovered Ezekial bread which makes a fantastic toast which I admit to pathetically dreaming about while I exercise prior to eating. I purchased this book to supplement my rather scant knowledge of vegetarian and whole food cuisine and have found it more than adequate. Each food group is represented by recipes that are specifically labeled as A, B, O or AB friendly. In addition, there are specific A,B,O or AB ingredients added or removed in certain recipes to make them extra friendly to your type--a nice lagnaippe! I have subtracted a star only because it does not have as many fish recipes as I would like! Best of all, I find that I have not tested any of the snack or dessert recipes.

If you are not familiar with these books, the first place to start would be with "Eat Right 4 Your Type" - a terrific book. In that book, you will first begin to understand the relationship between your blood type (A, B, AB and O) and what you eat. When I first heard of this new concept of eating over a year ago, I was a little doubtful. This is not a "diet", it is a way of eating healthy that is just right for you based on your blood type. If you stick with the guidelines on which foods are good for you and which ones you should avoid, you will be amazed at the results. Do not expect to see results overnight. How soon you will actually see and feel the difference will depend on how faithfully you follow the guidelines, and for how long. In this book are some of the most unique recipes ever found anywhere. However, in all honesty, I think you truly need to be somewhat of a "die-hard-health-conscious fan" to truly enjoy, and stick with, some of these recipes. For me, eating healthy is a number one priority, so the transition to this style of eating was just a minor modification to my regular diet, especially when meat always left me feeling weighted down and tired in the first place. I would never in a million years even consider going back to the red meats that for my blood type are a definite no-no. That is not to say, YOU, should not be eating red meats, it will all depend on your blood type, so do not make the mistake in thinking everyone has to give up eating meat. The results of eating the right foods for your blood type, and avoiding the ones you definitely should not be eating is amazing. I highly recommend this book as a companion for "Eat Right 4 Your Type"; they go hand-in-hand.

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

Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type 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 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) Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life 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 Type Live Right for Your Type (4 blood types, 4 diets 4 blood types, 4 programs) 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) Blood Type A: Food, Beverage and Supplemental Lists from Eat Right 4 Your Type Eat Right for 4 Your Type: Complete Blood Type Encyclopedia Cancer: Fight It with the Blood Type Diet (Eat Right for Your Type Health Library) Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) Cancer: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Cancer (Eat Right for Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library) Diabetes: Fight It with the Blood Type Diet (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library) Blood Type Diet: Revealed: A Healthy Way To Eat Right And Lose Weight Based On Your Blood Type

[Dmca](#)