Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type, Including More Than 200 Original Recipes, as Well as Individualized 30-day Meal Plans for Staying Healthy, Living Longer, and Achieving Your Ideal Weight; 450 pages; Putnam, 1998; Peter D'Adamo; 9780399144370; 1998

COOK RIGHT 4 YOUR TYPE. A Berkley Book / published by arrangement with the authors All rights reserved. Copyright © 1999 by Hoop-A-Joop, LLC. This book, or parts thereof, may not be reproduced in any form without permission. It is my great pleasure to bring to the readers of Eat Right 4 Your Type this practical kitchen companion to help you more effectively incorporate the Blood Type Diet into your daily lives. There are many people to thank, as this was truly a group effort. I am grateful to Putnam for its continuing support of my work; in particular, my editor, Amy Hertz (Type B), whose personal and professional commitment has helped make the Blood Type Diet an outstanding success. Cook right 4 your type: the practical kitchen companion to eat right 4 your type, including more than 200 original recipes, as well as individualized 30-day meal plans for staying healthy, living longer, and achieving your ideal weight. D'Adamo, Peter, Whitney, Catherine A. YearÂ ZAlerts allow you to be notified by email about the availability of new books according to your search query. A search query can be a title of the book, a name of the author, ISBN or anything else. Read more about ZAlerts. Author / ISBN / Topic / Any search query. Create. Post a Review. You can write a book review and share your experiences. Other readers will always be interested in your opinion of the books you've read. Cook Right 4 Your Type is the essential guide for living with a sensible diet individualized for you that allows you to eat food that seems like a major indulgence. With possibilities ranging from lamb stew to lemon squares, and 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. Cook Right 4 Your Type includes: • Individualized 30-day meal plans for each blood type • More than 200 great-tasting recipes • Food lists and shopping guides • An easy-to-follow food program. Download from Previously published as Personalized Living Using the Blood Type Diet (Type O)MORE THAN 150 RECIPES CRAFTED FOR YOUR BLOOD TYPE O DIET. Based on his revolutionary and highly effective Blood Type Diet ÄŒ Dr. Peter J. D'AdamoÄ‡ with personal wellness chef Kristin O'Connor has written a set of practical, personalized healthy cookbooks, so you can eat right for your type every day! Packed with recipes specifically designed for your Blood Type O diet, this personalized cookbook features a variety of delicious and nutritious recipes for breakfast, lunch, and dinner as well as snacks, soups, and other Eat Right 4 Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer, and Achieving Your Ideal Weight. Live Right 4 Your Type: The Individualized Prescription for Maximizing Health, Metabolism, and Vitality in Every Stage of Your Life. Eat Right 4 Your Type Complete Blood Type Encyclopedia. Eat Right 4 Your Baby: The Individualized Guide to Fertility and Maximum Health During Pregnancy, Nursing, and Your Baby's First Year. Blood Type O: Food, Beverage and Supplement Lists. Blood Type A: Food, Beverage and Supplement Lists. Blood Type B: Food, Beverage and Supplement Lists....Â Cook right 4 your type. A Berkley Book / published by arrangement with the authors. All rights reserved.