



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

By Dr. Peter J. D'Adamo, Kristin O'Connor

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**Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet** By Dr. Peter J. D'Adamo, Kristin O'Connor

## **MORE THAN 150 RECIPES CRAFTED FOR YOUR BLOOD TYPE O 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 O 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 lean, grass-fed meats, sprouted grains, organic vegetables and fruits an exciting and healthy adventure. In this book, you will find delicious recipes for *Cinnamon Millet Crepes*, *Ratatouille*, *Beef Tips with Wild Mushrooms*, and *Chocolate Salted Nut Clusters*. In addition to over 150 recipes and beautiful color photos, this book also includes:

- Valuable tips on stocking the Blood Type O 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 O)*

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### Editorial Review

#### About the Author

**Dr. Peter J. D'Adamo** is an internationally-acclaimed naturopathic physician, researcher, and lecturer, as well as the author of the *New York Times* best-selling *Eat Right 4 Your Type* book series. His extensive research and clinical testing of the connections between blood type, health, and disease has garnered world-wide recognition and led to groundbreaking work on many illnesses. The world-famous immunologist, Dr. Gerhard Uhlenbruck of the University of Cologne, Germany, has called Dr. D'Adamo "one of the most creative scientists in the Western world."

**Kristin O'Connor** is a personal wellness chef and the creator of NourishThis.com—a website with recipes, articles, and tips on eating well and living green. She also volunteers for Healthy Child, Healthy World, a non-profit organization that educates parents about nutritional and environmental issues affecting their children. She has worked for the Food Network and Cooking Channel as an Associate Producer on many shows, and now works as a private celebrity chef.

### Users Review

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##### John Charlie:

This Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet are usually reliable for you who want to certainly be a successful person, why. The main reason of this Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet can be one of several great books you must have is actually giving you more than just simple examining food but feed an individual with information that maybe will shock your previous knowledge. This book is usually handy, you can bring it everywhere you go and whenever your conditions in the e-book and printed types. Beside that this Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet forcing you to have an enormous of experience such as rich vocabulary, giving you trial of critical thinking that we know it useful in your day pastime. So , let's have it and revel in reading.

##### Eleanor Hotchkiss:

Reading can called imagination hangout, why? Because when you are reading a book particularly book entitled Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet the mind will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely can be your mind friends. Imaging every word written in a guide then become one application form conclusion and explanation that will maybe you never get just before. The Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet giving you another experience more than blown away the mind but also giving you useful details for your better life in this particular era. So now let us explain to you the relaxing pattern the following is your body and mind is going to be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

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Do you really one of the book lovers? If yes, do you ever feeling doubt if you are in the book store? Make an effort to pick one book that you never know the inside because don't ascertain book by its include may doesn't work this is difficult job because you are frightened that the inside maybe not since fantastic as in the outside look likes. Maybe you answer could be Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet why because the great cover that make you consider concerning the content will not disappoint you actually. The inside or content is definitely fantastic as the outside or cover. Your reading 6th sense will directly make suggestions to pick up this book.

**Kayla France:**

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