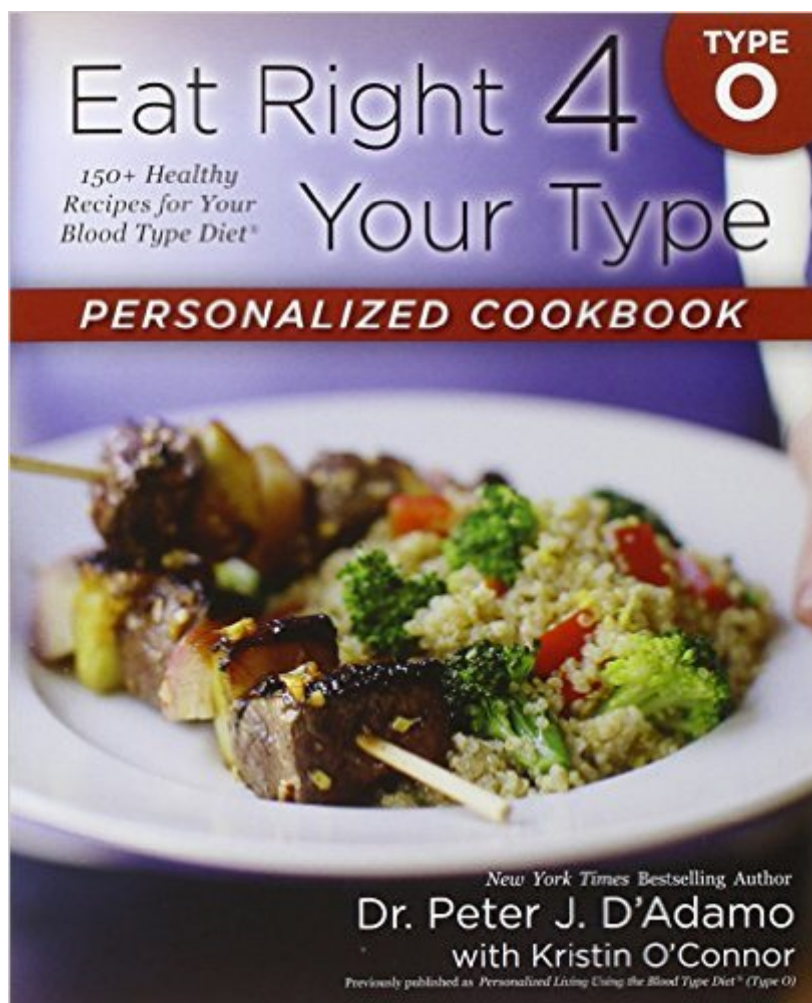


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# Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet



## Synopsis

**MORE THAN 150 RECIPES CRAFTED FOR YOUR BLOOD TYPE O DIET** Based on his revolutionary and highly effective Blood Type Diet <sup>®</sup>, 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)

## Book Information

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## 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.

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