

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

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Abstrak

After nearly twenty years of research, Dr. Peter J. D`Adamo revealed the connection between blood type, diet, and health in Eat Right 4 Your Type . Now, with a team of chefs, he helps you design a total health program that ' s right for your blood type.

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 •

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