



# **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 worldwide recognition and led to groundbreaking work on many illnesses. The world-famous immunologist, Dr. Gerhard Uhlenbrück 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.

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**Maria Huffman:**

Exactly why? Because this Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will shock you with the secret this inside. Reading this book close to it was fantastic author who all write the book in such wonderful way makes the content within easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you for not hesitating having this ever again or you going to regret it. This unique book will give you a lot of gains than the other book have got such as help improving your proficiency and your critical thinking means. So , still want to hold off having that book? If I were you I will go to the publication store hurriedly.

**Amy Lewis:**

Playing with family in a very park, coming to see the sea world or hanging out with buddies is thing that usually you might have done when you have spare time, in that case why you don't try thing that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet, you may enjoy both. It is good combination right, you still wish to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't have it, oh come on its called reading friends.

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