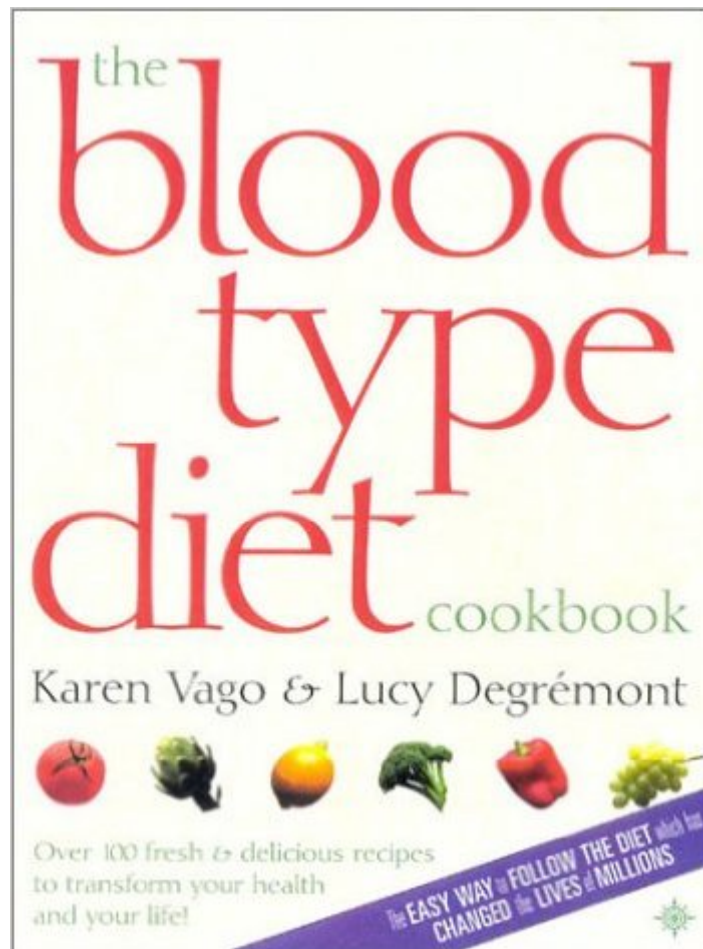


The book was found

The Blood Type Diet Cookbook: 100 Fresh And Delicious Recipes To Transform Your Health And Your Life!



Synopsis

If you're not eating foods to suit your blood type, your body will be more prone to illness, fatigue, and weight gain. This book offers over 100 delicious recipes, supercharged with all the nutrients you need to stay well, and a simple health plan to make your lifestyle truly beneficial and enjoyable.

Book Information

Paperback: 256 pages

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Language: English

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Product Dimensions: 6.5 x 0.7 x 8.4 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #1,308,832 in Books (See Top 100 in Books) [#84 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets](#) [#8679 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#) [#13555 in Books > Cookbooks, Food & Wine > Special Diet](#)

Customer Reviews

I recently started the ER4YT lifestyle diet (I'm an O), and this book has been a delight. It not only provides over 120 recipes, but does so as a entertaining read, well-laid out , with background history about and cultural uses of the ingredients tucked in here and there amongst the recipes. It makes reading the whole book (and all the recipes) a pleasure. The recipes are pretty quick and easy to make- a welcome feature for all of us busy folk! Each recipe has the means of adapting the recipes for different types at the top of the text- allows me to quickly see which recipes I can use, and specifically how to make them usable. Most of the recipes are adaptable, so you don't feel like there are big chunks of unusable info here. I highly recommend this book- enjoy!

My sister and her husband started this a year ago and this was the perfect gift to refresh what they already know about the Blood Type Diet, they both feel better and have been losing unneeded weight and building better stamina etc.

Karen Vago did a marvelous job writing this book! I cannot praise it enough, as it contains not only incredible recipes, but nutritional facts about food that you might not catch by reading Dr D'Adamo's

books alone. I can't wait to say I've tried every recipe! Highly recommended.

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Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) The Blood Type Diet Cookbook: 100 Fresh and Delicious Recipes to Transform your Health and your Life! Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Eat Right 4 Your Type Personalized Cookbook Type A: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type AB: 150+ Healthy Recipes For Your Blood Type Diet By Dr. Peter J. D'Adamo - Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet (1st Edition) (9.1.2013) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) The Food Combining/Blood Type Diet Solution: A Personalized Diet Plan and Cookbook for Each Blood Type Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes

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