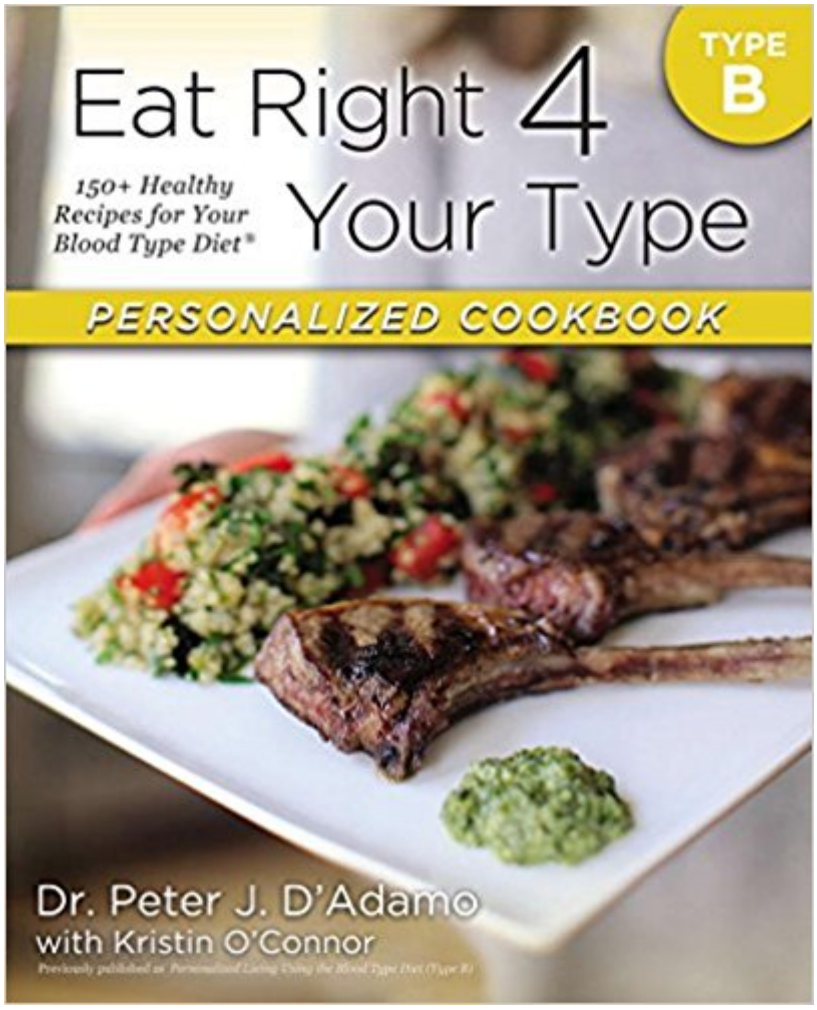
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Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet



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Synopsis

MORE THAN 150 RECIPES CRAFTED FOR YOUR BLOOD TYPE B DIETBased on his revolutionary and highly effective Blood Type Diet Ã Â®, Dr. Peter J. DÃ¢â ¬â„¢Adamo with personal wellness chef Kristin OÃ¢â ¬â„¢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 B diet, the Personalized Cookbook features a variety of delicious and nutritious recipes for breakfast, lunch and dinner as well as snacks, soups and other temping treats that make eating right for your type easy and satisfying.Ã Â It is an essential kitchen companion with masterfully-crafted recipes that make cooking with lean, grass-fed meats, cultured dairy products, organic vegetables and fruits an exciting and healthy adventure.Ã Â In this book, you will find delicious recipes for Maple Sausage Scramble, Salmon Filled Radicchio Cups, and Turkey Ginger Stir-Fry.Ã Â In addition to over 150 recipes and beautiful color photos, this book also includes:Ã Â Ã Â Ã Â Ã Â Ã¢â ¬Â¢ Valuable tips on stocking the Blood Type B pantry and freezerÃ¢â ¬Â¢ Creative ideas for last minute mealsÃ¢â ¬Â¢ A four-week meal plannerÃ¢â ¬Â¢ Recipes tagged for non-Secretors and suitable substitutionsPreviously published as Personalized Living Using the Blood Type Diet (Type B)Ã Â

Book Information

Series: Eat Right 4 Your Type

Paperback: 256 pages

Publisher: Berkley; 1 edition (October 1, 2013)

Language: English

ISBN-10: 0425269477

ISBN-13: 978-0425269473

Product Dimensions: 7.4 x 0.7 x 9.1 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 433 customer reviews

Best Sellers Rank: #110,133 in Books (See Top 100 in Books) #20 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #59 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Gourmet #1320 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Dr. Peter J. DÃ¢â ¬â„¢AdamoÃ Â is an internationally-acclaimed naturopathic physician,

researcher, and lecturer, as well as the author of theÃ Â New York TimesÃ Â best-sellingÃ Â Eat Right 4 Your TypeÃ Â 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 immunulogist, Dr. Gerhard Uhlenbruck of the University of Cologne, Germany, has called Dr. DÃ¢â ¬â„¢Adamo Ã¢â ¬Å“one of the most creative scientists in the Western world.Ã¢â ¬Â•Ã Â Kristin OÃ¢â ¬â„¢ConnorÃ Â began her culinary career workingÃ Â for the Food Network and Cooking Channel as an Associate Producer on many shows. She now works as a private chef,Ã Â known for cooking food that helps her clients achieve optimal health and wellness.

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. Build the meal plans with cost and efficiency in mind. (ex: each week have 1 poultry, 1 fish, and 3 veggie dinners, with lunches that take into account leftovers from dinner)All in all I love this cook book! And I highly recommend it to my friends who like to eat and cook healthy meals. But shame on the publishers for not editing it appropriately. Poor editing really reduces the quality and usability of this book - especially for people who are trying to eat and cook healthy for the first time.

Two books are the foundation of my healing and progressing into better health: the ’Eat Right 4 Your Bloodtype’ books and ’500 Paleo Recipes.’This book gives some pretty darned good facts about WHY some foods will disagree with a person--not just because some other person tells you not to eat them (boring and who is going to listen to that? Especially if you are hooked on a particular food?!)--but because the your body cannot adequately break down or deal with some components in those foods. It tells why one might have a craving for a food that is doing cumulative damage to one’s body.I read ’Eat Right 4 Your Bloodtype’ and tried the handful of recipes for my bloodtype...and thought: "Okay, what now?! Need more recipes!" No new way of eating is very practical without tons of recipes. ..and here they are! I like the Kindle edition--because my little purple Kindle fits easily on the kitchen counter. It flies all over the kitchen with me (sometimes in my apron pocket). Very convenient. And the Kindle fits in my purse, so I can take it with me to show recipes to friends as well.If I could give this book 100 stars, I would. It not only has the recipes for every blood type, but it also has explanations of what is hard on an "O" bloodtype, an "A" bloodtype, or a "B" or an "AB." You do not need to worry about the rH factor--which would be positive or negative--it does not come into play here. If you are the type of person who wants the entire explanation, you’d also want to purchase "Eat Right 4 Your Bloodtype" as well.

This updated book makes it easy to shop and recipes are simple enough to follow.I bought the A blood type for my husband so we can match up recipes that we can do together.The eating according to your blood type really works, if you want to feel good and maintain a healthy weight, give this a try, you will feel better within days! Thank you.

This book is easy to follow and hopefully this system works. The list of foods can also be added to a I phone to use when grocery shopping. The book seems have a good theory about our type blood and the reasons why we should and shouldn’t eat certain foods. It clearly explains everything in an easy way to understand and there are also recipies to follow for those who rather follow recipies when cooking. I go to one of the nutritionist who helped write the book and she’s is excellent in that field. He name is Dina Khader.

Dr. D’Adamo’s theories are, I believe, controversial, AND this book is helpful for me as I seek to discover more new recipes for Type A blood. (The recipe for salmon is wonderful!) I actually loaned this book out just today to a friend who is learning to live with a new diagnosis.

cookbooks are useful, for when the brain stops thinking of ways to create meals that are worth eating. Of course, it does depend on palate, and of course, proper food combining. Ideas are worth having. This is a good cookbook to have around. Especially if you hit a plateau on fat loss. I use this as a troubleshooting tool to infuse other tastes into mealtime.

A great companion book to "Eat Right for Your Type". It has been a valuable tool in changing our meal plans for the better. I purchased this as a companion piece to the course I took on this subject.

Obviously this is a cook book, so some recipes look great, while others make me want to gag... but it’s all about preference.I’m a huge supporter of Dr. D’Adamo and all his research, so maybe I’m a bit biased... but it’s nice to know I have some go-to healthy recipies that don’t break the bank.

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