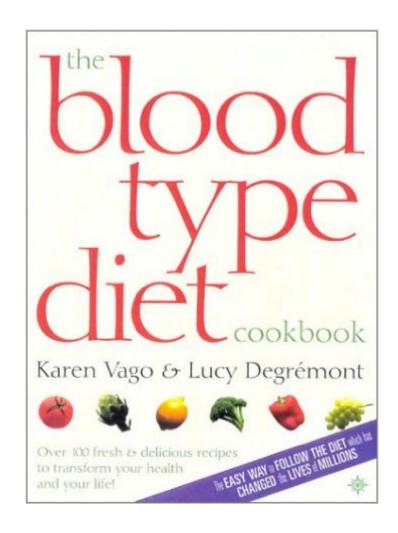
The book was found

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

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> 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 loosing 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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