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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



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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 world-wide recognition and led to groundbreaking work on many illnesses. The world-famous immunologist, Dr. Gerhard Uhlenbruck 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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John Fouts:

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