



Cook Right for Your Type : The Practical Kitchen Companion to Eat Right 4 Your T

Peter J. D'Adamo; Contributor-Catherine Whitney

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Overview Cook Right 4 (for) Your Type shows how to set up a nutritional program designed specifically for blood type. With the help of a team of chefs, Dr. D'Adamo presents a book chock-full of vital information and delicious recipes for each blood type. Whether you're a meat-eater or a vegetarian, Cook Right 4 Your Type is an essential source for living with a sensible diet individualized for you that allows you to eat food that seems like a major indulgence. With such delicious recipes as lamb stew, braised vegetables, and lemon squares, you'll barely notice that you've started a regimen designed to optimize your health, your weight, and your total well-being.

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