

[PDF] Cook Right 4 Your Type: The Practical Kitchen Companion To Eat Right 4 Your Type

Catherine Whitney, Peter J. D'Adamo - pdf download free book



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Description:

Diet schemes come and go. Successful plans, backed by powerful media machines, become bestsellers with sequels and food-product lines. But with so many diet books on the market, how do you decide which plan is right for you? According to Peter D'Adamo, the answer depends on your

blood type. In his first book, , D'Adamo, a naturopathic physician and researcher, makes interesting and unique connections between human evolution, blood type, diet, exercise, and health. Now, in *Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type*, D'Adamo provides readers with:

- Road maps and charts for each of the four blood types, detailing which foods and beverages to consume and which to avoid
- Tips for starting and sticking with the diet and matching your menu to your blood type
- Thirty-day meal plans to help you stay healthy, live longer, and achieve your ideal weight
- More than 200 healthy and easy recipes keyed to blood type

While D'Adamo's theories challenge common nutrition wisdom and his diet can be difficult to follow, *Cook Right 4 Your Type* will make his advice a little easier to swallow. --Ellen Albertson --This text refers to an out of print or unavailable edition of this title.

From Publishers Weekly Should people's blood types dictate the kinds of food they eat? Naturopathic physician D'Adamo thinks so, and, in the first section of his follow-up to 1997's *Eat Right 4 Your Type*, he outlines his reasons and offers a diet plan with recipes. "Certain foods complement certain blood types," he writes. "Other foods antagonize and debilitate" them. He believes that meat is good for people with blood type O, whose ancestors were Cro-Magnon hunters; vegetarianism suits type As, who descended from agrarians. Type Bs (once nomads) should emphasize meat with a few vegetables and fruits; ABs ought to do just the reverse. Clearly organized tables outline food requirements for each type. The recipes range from main courses to desserts and include information indicating how beneficial the dishes are for each blood type. While some of the selections are appetizing (Veal Stew with Fennel; Pineapple Upside-Down Cake) many of the recipes?due to dietary limitations?are uninspired and call for very specific quantities and types of ingredients (kelp powder lurks in the Great Meat Loaf and spelt flour is called for in baked goods). The last section provides 30-day menu plans for each blood type and mail-order sources for hard-to-find ingredients.

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