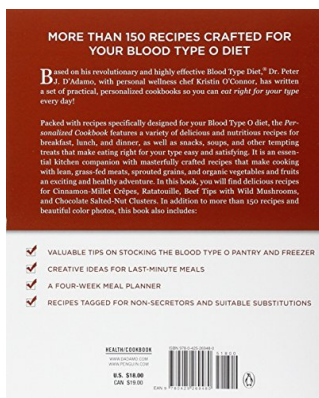# [PDF] Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet

Dr. Peter J. D'Adamo, Kristin O'Connor - pdf download free book

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Title: Eat Right 4 Your Type Persona
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Description:

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 temping 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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