



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

By Peter J. D'Adamo, Catherine Whitney

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After nearly twenty years of research, Dr. Peter J. D'Adamo revealed the connection between blood type, diet, and health in **Eat Right 4 Your Type**. Now, with a team of chefs, he helps you design a total health program that's right for your blood type. **Cook Right 4 Your Type** is the essential guide for living with a sensible diet individualized for you that allows you to eat food that seems like a major indulgence. With possibilities ranging from lamb stew to lemon squares, and braised vegetables to delicious soups, you'll barely notice you've started a regimen designed to optimize your health, your weight, and your total well-being. **Cook Right 4 Your Type** includes:

- * Individualized 30-day meal plans for each blood type
- * More than 200 great-tasting recipes
- * Food lists and shopping guides
- * An easy-to-follow food program

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Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type By Peter J. D'Adamo, Catherine Whitney Bibliography

- Sales Rank: #71087 in Books
- Brand: D'adamo, Peter J./ Whitney, Catherine
- Published on: 2000-01-01
- Released on: 2000-01-01
- Original language: English
- Number of items: 1
- Dimensions: 8.98" h x 1.17" w x 6.02" l, 1.36 pounds
- Binding: Paperback
- 464 pages

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Editorial Review

Amazon.com Review

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, *Eat Right 4 Your Type*, 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

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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From Library Journal

This useful sequel to D'Adamo's best-selling *Eat Right 4 Your Type* (LJ 2/1/97) includes over 200 original recipes, including vegetable fritters, turkey burgers, venison stew, pineapple chutney, homemade ketchup, tofu-pumpkin pudding, and peanut-butter candy, tailored to specific blood types. D'Adamo explains exactly which foods each type can eat or should avoid. Also included are "cyberrecipes" from the web site he has developed to allow readers to contribute experiences and recipes. Libraries that own the first book should expect demand for the sequel.?Connie Weaver, Bosler Free Lib., Carlisle, PA

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Users Review

From reader reviews:

Mary Manzo:

This Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type are usually reliable for you who want to certainly be a successful person, why. The reason of this Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type can be one of the great books you must have will be giving you more than just simple reading food but feed anyone with information that perhaps will shock your before knowledge. This book is definitely handy, you can bring it almost everywhere and whenever your conditions throughout the e-book and printed ones. Beside that this Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type giving you an enormous of experience including rich vocabulary, giving you demo of critical thinking that we know it useful in your day task. So , let's have it and luxuriate in reading.

Linda Gordon:

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Dorothy Cropper:

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