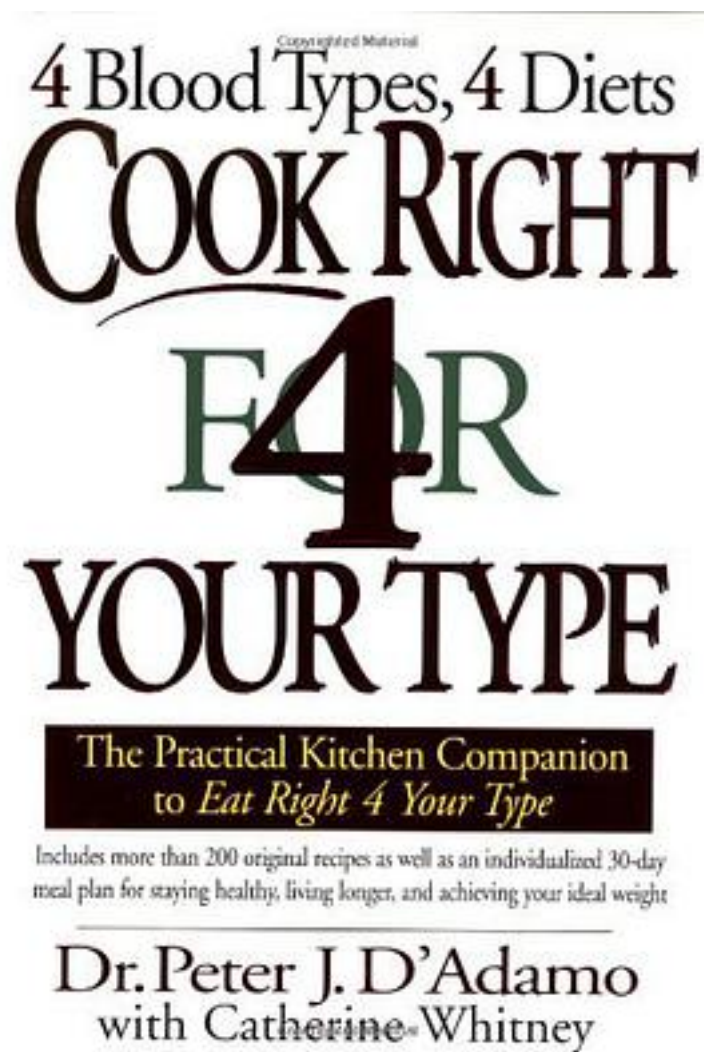


Cook Right 4 Your Type



[Cook Right 4 Your Type_ 下载链接1](#)

著者:D'Adamo, Peter J./ Whitney, Catherine

出版者:Putnam Pub Group

出版时间:1998-12

装帧:HRD

isbn:9780399144370

4 Blood Types, 4 Diets. That was the call that brought more than 300,000 people out to buy the most innovative diet book of the decade, the first to tell us what everyone instinctively knows: that different people need different diets. After nearly twenty years of research, Dr. D'Adamo revealed the connection between blood type, diet, and health. Now, with the help of a team of chefs, Dr. D'Adamo presents a book chock-full of background and delicious recipes for each blood type. For meat eaters or vegetarians, thirty-day meal plans help you integrate the diet into your life, and there's plenty of advice for eating well on the run. Cook Right 4 Your Type is the essential guide for living with a sensible diet individualized for you while still allowing you to eat foods that seem like major indulgences. From lamb stew to lemon squares, from 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.

作者介绍:

目录:

[Cook Right 4 Your Type_ 下载链接1](#)

标签

评论

[Cook Right 4 Your Type_ 下载链接1](#)

书评

[Cook Right 4 Your Type_ 下载链接1](#)