

Cook Right 4 Your Type

4 Blood Types, 4 Diets  
**COOK RIGHT  
FOR  
YOUR TYPE**

The Practical Kitchen Companion  
to *Eat Right 4 Your Type*

Includes more than 200 original recipes as well as an individualized 30-day meal plan for staying healthy, living longer, and achieving your ideal weight

**Dr. Peter J. D'Adamo**  
with Catherine Whitney

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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.

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