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About Eat Right 4 Your Type Personalized Cookbook Type B. MORE THAN 150 RECIPES CRAFTED FOR YOUR BLOOD TYPE B 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!

Overview. 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 tempting treats that make eating right for your type easy and satisfying.

If you love a great deal, then you'll love the price on this eat right 4 your type personalized cookbook type a : 150+ healthy recipes for your blood type diet!

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Eat Right 4 Your Type Personalized Cookbook Type A Edition by Dr. Peter J. D'Adamo; Kristin O'Connor and Publisher Berkley (P-US). Save up to 80% by choosing the eTextbook option for ISBN: 9781101635926, 1101635924.

Eat Right 4 Your Type Personalized Cookbook Type A: 150+ Healthy Recipes For Your Blood Type Diet 3 out of 5 based on 0 ratings. 1 reviews. A good variety of dishes, but most are time consuming. The dinner recipes often use a Dutch oven, which I'm not sure most people own.

Personalized Cookbook Type O From Dr. Peter J. D'Adamo, the author of the New York Times bestseller Eat Right for Your Type , and Chef Kristin O'Connor, comes the Eat Right for Your Type Personalized Cookbook Type O , the first cookbook designed to meet your unique nutritional needs by following the principles of the Blood Type Diet®.

Personalized Cookbook Type A From Dr. Peter J. D'Adamo, the author of the New York Times bestseller Eat Right for Your Type , and Chef Kristin O'Connor, comes the Eat Right for Your Type Personalized Cookbook Type A , the first cookbook designed to meet your unique nutritional needs by following the principles of the Blood Type Diet®.

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