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# Blood Type Diet [Second Edition]: Featuring Blood Type Recipes



## Synopsis

Blood Type Diet [Second Edition] Featuring Blood Type Recipes ----- Now [Second Edition], with the following changes: \* New introduction \* New recipes \* Improved formatting and editing ----- A blood type diet is one in which you aim to eat the right foods for your type of blood. Four different blood types determine the blood type diet food list. The blood types diet covers type O, A, and AB. The thought is that blood types and diet plays a major role in the health of the person. Each blood type has specific foods that are allowed and not allowed for consumption. Peter D'Adamo who pioneered the diet plan bases the diet plan very much on the book and research. He fully believes that blood type and diet are directly related and we should consume foods or diets for blood types to match each person. This book has an information section explaining all about the blood type diets, the theory behind the thought and goes over the foods list. The largest part of the book covers actual recipes for each blood type, type O, type A, and type AB. Each recipe section contains appetizers, desserts, breads, main dishes, and side dishes. Many of the recipes can be interchanged with some or all of the other blood types. Paying attention to the allowable and not allowable foods list helps to determine which recipes can go best with each blood type. The recipes in this book cover specifically for each blood type for quick and easy reference. Here are a sampling of the recipes for type O blood: Cheese Ball with Herbs, Sugar Cookies, Rye Bread, and Meat Loaf. Type A blood: Sardine Salad Spread, Fudge Cookies, Buttermilk Biscuits, Italian Chicken Breasts and Rice Stuffing. Type B blood: Meatballs A La Turkey, CranNut Cake, Fried Chicken Steak, and Green Beets. Type AB blood: Veggies and Goat Cheese Dip, Risotto Tomato Rice, Chicken Curry, Nutty Baked Yellow Delicious Apples, and Zucchini Bread.

## Book Information

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## Customer Reviews

Several years ago I was introduced to the concept of eating for my metabolic type, as in which foods work best for my body based upon my personality type & my genetics. I took the 100 question quiz & it gave me a general break down of the percentage of types of foods to eat of the 3 main categories they break foods down into for that way of eating; carbohydrates, fat, & protein. What I found really did seem applicable & was VERY interesting! I did find & still find though, that certain foods just don't work for me. I was discussing the metabolic diet with my family & friends, kicking around ideas & recalled reading about the blood type diet some years ago while researching something else. I filed it away in my brain for later, which tuned into now when I saw this Kindle book. To me, the metabolic diet leaves the holes in it of truly optimizing it for ME because through the generations my genetics are of many nationalities, so it left me wondering how we even know what is best for many genetically mixed people like me? Enter the blood typing diet. It seems to be to be the missing key to be able to fine tune things to eat optimally for ME.. and my family. Though, admittedly with other nationalities between my husband & my children with different DNA, it's not the easiest task to accomplish to cook for people of various blood types & metabolic types, but I am going to use the two together as a guide. I try to find a happy medium & at times when it's too hard to find something good for all of us, I focus on avoiding those foods we know are triggers to unpleasant symptoms. One thing I didn't like about the book is the recommendation of using SOY & I removed one star because of it. Soy is NOT The superfood we have been duped to believe it is.

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