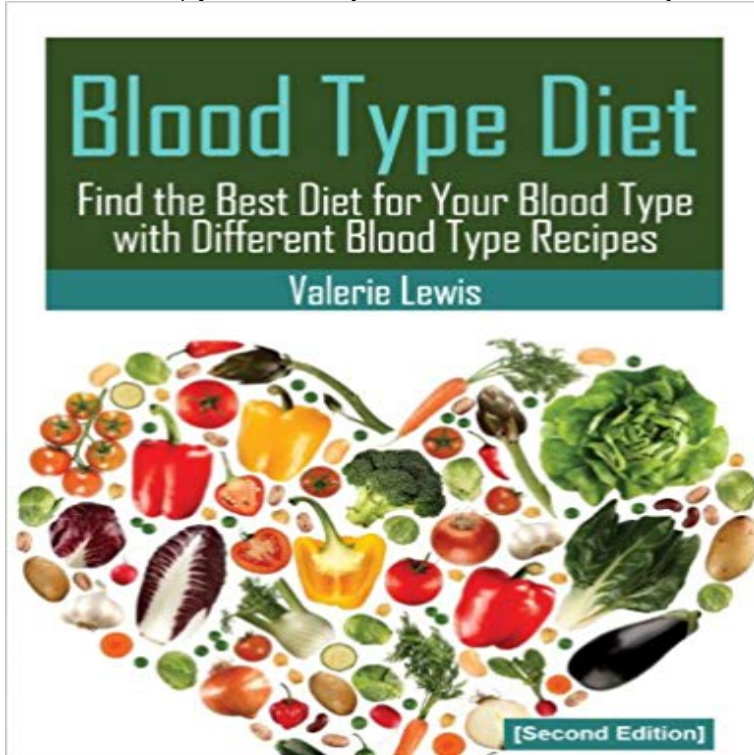


# Blood Type Diet [Second Edition]: Featuring Blood Type Recipes



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 DAdamo 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.

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