



# The Blood Type Diet Cookbook

*Karen Vago, Lucy Degremont*

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**The Blood Type Diet Cookbook** Karen Vago, Lucy Degremont

An eating plan and over 100 delicious recipes to suit each of the blood types, in a diet made famous by D'Adamo's bestselling Eat Right for Your Type.

Peter D'Adamo's book Eat Right 4 Your Type has revolutionised the way many people eat. The theory behind it is that the four different blood groups; O, A, B and AB need four different diets. What may be beneficial to one blood group is undoubtedly harmful to another.

The Blood Type Diet Cookbook explains the workings of the diet, and as it is written by real 'food lovers' rather than a nutritionist, it provides truly delicious recipes for enthusiasts of this bestselling and revolutionary diet.

The book contains:

- easy-to-follow plan
- blood type food lists
- over 100 recipes which can be adapted to suit the different blood types.

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