



## Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type

*Peter J. D'Adamo , Catherine Whitney*

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**Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type** Peter J. D'Adamo , Catherine Whitney

After nearly twenty years of research, Dr. Peter J. D'Adamo revealed the connection between blood type, diet, and health in **Eat Right 4 Your Type**. Now, with a team of chefs, he helps you design a total health program that's right for your blood type. **Cook Right 4 Your Type** is the essential guide for living with a sensible diet individualized for you that allows you to eat food that seems like a major indulgence. With possibilities ranging from lamb stew to lemon squares, and 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. **Cook Right 4 Your Type** includes:

- \* Individualized 30-day meal plans for each blood type
- \* More than 200 great-tasting recipes
- \* Food lists and shopping guides
- \* An easy-to-follow food program

## Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type Details

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## **From Reader Review Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type for online ebook**

### **Carla says**

The recipes are pretty good but, eating for blood type doesn't seem to work that well for me.

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### **Amy says**

More recipes to go along with Eat Right 4 Your Type.

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### **Helen says**

While it supports the authors respect and reverence for food, and the sort of mindfulness that is encouraged in Eat Right 4 Your Type, the recipes in this book take forever to make. Everything I have cooked is unique and delicious, but the prep is always long and complicated, and the cook times so far are never under an hour. Every dish I've made has taken a whole day or evening, especially if I have to do it all myself. We've relegated this one to the "as a pair, special occasion" section of the cookbook shelf.

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### **Laura C. Robb says**

Fascinating info in this book, but you still have to decide what is right for you. I don't follow or agree with all the guidelines. This is more a collection of recipes than anything. Eat Right 4 Your Type goes into more detail -- the whys and the scientific evidence.

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### **Marka says**

I thought this book was a lot of fun to read. I like that the author utilized an anthropological basis for his diet theories. I mourn the loss of cheese and ice cream, but as an "A", I suppose that's just my lot in life!

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### **Principle Based Learning says**

(recommended by Karin)

The kitchen companion to Eat Right For Your Type, that gives the blood typing information but with the practical application as well. I don't think it should be followed completely, but I do think it's worth considering when planning meals and addressing health. The science behind blood types metabolizing food differently seems solid.

[Click here for the full article on: Health and Nutrition](#)

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## Joshua says

What would make this book better:

- Scientific documentation (visuals at least...) of how exactly blood agglutinates to specific lectins
  - how they discovered which lectins were bad and which were ok
  - why some foods are "not tolerated at all" and some are only slightly tolerable
  - if the author did not state that the body doesn't "produce" enough iodine. No one's body produces iodine, it's an element!
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## Elizabeth A. says

I'm experimenting now with the concept of choosing foods based on bloodtype. So far I'm happy with the results. I'm willing to share the Eat Right 4 Your Type with anyone interested.

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## bookczuk says

Yeah, we read this back when it came out, and yeah, we sort of follow it. It's hell, though when one is a Type O and the other a Type A. Haven't used the cookbook in decades, but it's still got all the little colored stickers I put in to mark pages as yours, mine, and outs. Not many ours, though.

Packing away now as we declutter the house, preparing to put it on the market.

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## Heidi says

I like the principle, but the application outlined here is absolutely unappealing. None of the recommended menus or recipes looked appetizing in the least. If you're type A, read this book only if you really like tofu and have no idea how to feed yourself.

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## LibSandy says

This is the food lifestyle I live by. (Plse see my review of Eat Right For Your Type, by the same author.) This book has much of the same info and advice, and therefore it is great, but the recipes I have been able to use are few. Either I've had to find substitutes after not being able to either afford, or locate, some of the ingredients as we live in the Middle East. Some recipes I found to be rather bland, while others took forever to prepare. I use it more therefore for the info in the beginning of the book, and for basic ideas for recipes, which I then adapt.

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### **Pamela says**

I read part of this book. I got pretty interested in it, but then heard mixed "scientific-ish" reviews so I set it down and never really picked it up again. I basically added some more soy to my diet, but didn't really try out any of the recipes. I need to read "Eat Right 4 Your Type" first.

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### **Dianne says**

I found this book interesting. Not sure that I am ready to make the complete commitment to this lifestyle yet, but learned a few things that I am trying to implement. This book would have probably been more helpful if I had read Eat Right For Your Type first.

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### **Barbara Ab says**

As a matter of fact I have some food intolerances that are the same suggested by d'Adamo as for my blood type. Nonetheless I think that taking any theory with a pinch of salt is essential in life. Just do what it works for the best for you without following it as a matter of death or life. I should be allergic to milk according to medical tests but nothing happens if I eat something with it from time to time...

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### **Janice says**

Following the "eat right for your type" book by the same author, this is a cook book for the different blood types. Handy with ideas and hints to eat specifically for your blood type. Does also have other helpful information. Great to have for your collection if you are looking to seriously change your diet and for a better healthier living.

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