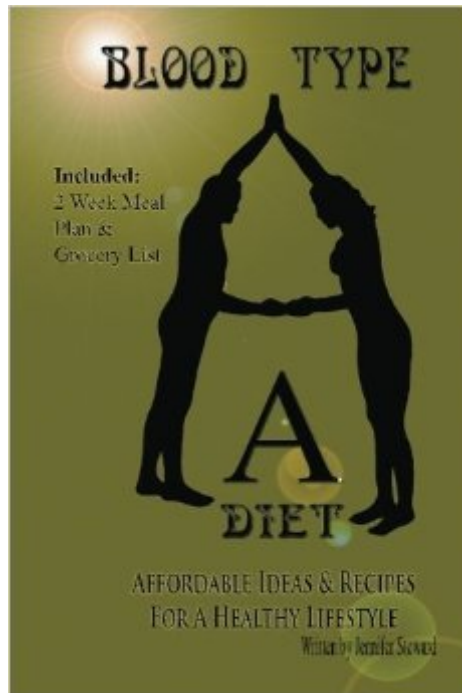


The book was found

Blood Type "A" Diet, Affordable Ideas & Recipes For A Healthy Lifestyle



Synopsis

Blood Type "A" Diet, affordable ideas and recipes for a healthy, frugal lifestyle. Included: 2 week meal planner, recipes & grocery list for the blood type "A" diet. A helpful tool for Blood Type A's that are thinking of trying the Blood Type Diet or have already started the diet and might want some fresh ideas and recipes.

Book Information

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Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (16 customer reviews)

Best Sellers Rank: #1,536,513 in Books (See Top 100 in Books) #95 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #9809 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

As someone who has been wanting to convert to eating for my blood type for a long time but being discouraged because I don't know how/like to cook, this book is a really good guide to making everyday dishes that are accessible and simple. I really wish the author had a blog/forum/website so people could ask her questions. One of mine is - the rolled oats in the energy bars, are those precooked or raw?

I got a lot of needed information from this book. It made trying the diet easy with the recipes and two week plan. I mainly used it as a guide and substituted some of my own recipes. I am losing a lot of water weight. So far 7 pounds in two weeks.

Inasmuch as I live in Europe, the recipes were very disappointing because of the fact that many of the ingredients are not available where I live. Probably if you live in the United States this observation is of no consequence. The blood group diet has proved very effective in my life, so I'm all for the theory behind the book.....it's just that it's not a practical option for me personally; because

of where I live the recipes aren't possible to make as they were intended.

I like reading information on Blood type a because my dr. has me on a blood type a diet, and its hard to find information on it.

Gave me the information that I needed when I heard about this diet. Didn't know food could affect you because of blood type

All of the information is priceless if I had only known earlier in my life I would have been so much better off!!! One day at a time!!! So glad I bought this Book!!! Thank you AGAIN!!!

The information portion of the book was pretty good, however I was hoping for some recipes that were more user friendly. For someone just starting this diet, it would be helpful.

Good information if have never eaten a vegetarian diet and want some ideas about where to begin as well as detailed grocery shopping list.

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