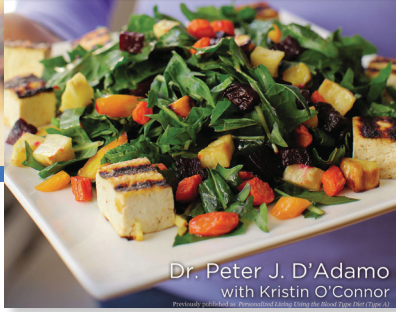


Eat Right 4 Your Type

TYPE
A

150+ Healthy Recipes for Your Blood Type Diet

PERSONALIZED COOKBOOK



Dr. Peter J. D'Adamo
with Kristin O'Connor



SHOPPING LIST TYPE A

www.4YourType.com

PRODUCE:	DAIRY:	MISCELLANEOUS:
<input type="checkbox"/> Artichokes <input type="checkbox"/> Broccoli <input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Fennel <input type="checkbox"/> Kale <input type="checkbox"/> Lettuce <input type="checkbox"/> Onions <input type="checkbox"/> Pumpkin (when in season) <input type="checkbox"/> Spinach <input type="checkbox"/> Apricots <input type="checkbox"/> Blueberries <input type="checkbox"/> Cherries <input type="checkbox"/> Figs <input type="checkbox"/> Pineapple <input type="checkbox"/> Grapefruit	<input type="checkbox"/> Soy milk <input type="checkbox"/> Eggs <input type="checkbox"/> Ghee <input type="checkbox"/> Mozzarella cheese <input type="checkbox"/> Feta cheese <input type="checkbox"/> Ricotta <input type="checkbox"/> Goat cheese	<input type="checkbox"/> Olive oil <input type="checkbox"/> Walnut oil <input type="checkbox"/> Flaxseeds <input type="checkbox"/> Walnuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Peanut butter <input type="checkbox"/> Pumpkin seeds <input type="checkbox"/> Adzuki beans <input type="checkbox"/> Soy beans <input type="checkbox"/> Lentil beans <input type="checkbox"/> Black-eyed peas <input type="checkbox"/> Brown rice bread <input type="checkbox"/> Soy sauce <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Ginger tea <input type="checkbox"/> Chamomile tea <input type="checkbox"/> Green tea <input type="checkbox"/> Coffee <input type="checkbox"/> Red wine
BAKING:	PROTEIN:	OTHER:
<input type="checkbox"/> Brown rice flour <input type="checkbox"/> Buckwheat flour <input type="checkbox"/> Oat flour <input type="checkbox"/> Spelt flour <input type="checkbox"/> Brown rice flour <input type="checkbox"/> Baking powder <input type="checkbox"/> Sea salt <input type="checkbox"/> Agave <input type="checkbox"/> Blackstrap molasses	<input type="checkbox"/> Tofu <input type="checkbox"/> Tempeh <input type="checkbox"/> Chicken <input type="checkbox"/> Turkey <input type="checkbox"/> Cod <input type="checkbox"/> Salmon <input type="checkbox"/> Red snapper <input type="checkbox"/> Trout	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>