



The Hamptons Diet: Lose Weight Quickly and Safely with the Doctor's Delicious Meal Plans

Fred Pescatore

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Diet secrets of the rich, famous, and thin!

Where health meets style, where the world-renowned Hamptons meet the Mediterranean--that's the Hamptons Diet, a weight-loss plan that has been a breakthrough success for some of the world's leading celebrities. In *The Hamptons Diet*, Dr. Fred Pescatore, one of the world's most highly visible diet experts, offers you a prescription for losing weight quickly while looking great and staying healthy that's inspired by the healthy lifestyles and demanding palates of the rich and famous. With the Hamptons Diet, you eat healthy carbohydrates and ample protein, achieving a naturally low-glycemic balance. In this satisfying, easy-to-follow program, you get everything you need to lose weight quickly and safely, including thirty days of meal plans, a secret ingredient--macadamia nut oil, which boosts your metabolism and is the healthiest cooking oil on the planet--and almost 200 sumptuous recipes.

"Dr. Pescatore's diet is delicious and sound and represents one of the best options."

--Ann Louise Gittleman, author of the New York Times bestselling *The Fat Flush Plan* and *The Fast Track One-Day Detox Diet*

"Dr. Pescatore's *The Hamptons Diet* takes the Diet Revolution to the next level--a healthy, sensible diet and lifestyle plan that will make us all thinner, happier, and healthier."

--Fran Gare, N.D., Southampton, author of *Anti-Aging Diet Evolution*

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Solomon Pepper:

People live in this new moment of lifestyle always attempt to and must have the free time or they will get great deal of stress from both daily life and work. So , once we ask do people have extra time, we will say absolutely without a doubt. People is human not just a robot. Then we consult again, what kind of activity have you got when the spare time coming to an individual of course your answer will probably unlimited right. Then ever try this one, reading books. It can be your alternative within spending your spare time, often the book you have read is usually The Hamptons Diet: Lose Weight Quickly and Safely with the Doctor's Delicious Meal Plans.

Daniel Slater:

The book untitled The Hamptons Diet: Lose Weight Quickly and Safely with the Doctor's Delicious Meal Plans contain a lot of information on the idea. The writer explains the woman idea with easy technique. The language is very simple to implement all the people, so do not really worry, you can easy to read the idea. The book was written by famous author. The author will take you in the new age of literary works. You can actually read this book because you can continue reading your smart phone, or program, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site as well as order it. Have a nice learn.

John Flores:

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