



# 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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you the relaxing pattern here is your body and mind is going to be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

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