

# [PDF] The Hamptons Diet: Lose Weight Quickly And Safely With The Doctor's Delicious Meal Plans

**Fred Pescatore - pdf download free book**

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**Books Details:**

Title: The Hamptons Diet: Lose Weigh

Author: Fred Pescatore

Released: 2004-04-29

Language:

Pages: 256

ISBN: 0471478121

ISBN13: 978-0471478126

ASIN: 0471478121



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**Description:**

"Indulge yourself and be fabulous because of it" is the motto of The Hamptons--a 40-mile oceanfront stretch of Long Island where New York City's rich and famous frolic--and of Pescatore's diet. Former medical director of the Atkins Center, Pescatore incorporates what he believes to be the best of both low-carb and Mediterranean diets. The Hamptons Diet eliminates "unhealthful foods that your body does not metabolize well," Pescatore explains. His diet is high in monounsaturated fats (especially macadamia nut oil), vegetables, fish, lean meats, nuts, whole grains, and low-sugar fruits: "real food"--unprocessed, unrefined, mostly organic. Pescatore tells anecdotes about his rich and famous

clients (first names only) who achieved health and weight loss with his program. His writing is peppy and easy to follow, though he falls into self-praise a bit much. He explains his concepts clearly, although you might want to skim some of his 21 pages about the properties of 32 different oils. About half the book consists of a 30-day menu plan and recipes that certainly don't shout "I'm dieting": quiche, pancakes, hot dogs, burgers stuffed with blue cheese, steak salad, ham, casserole, meatballs (with veal, pork, chuck, and cheese), and pork chops, for example. --*Joan Price*

**Review** It's the new Atkins but better, easier to follow, good for you& -- *Sunday Mirror, 28 March 2004*

The Hamptons Diet has the perfect credentials for fashion-obsessed New Yorkers seeking to purge themselves of unwanted calories. -- *The Independent, 22nd March 2004*

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"...breakthrough new diet book..." (*Goodness Foods, September 2004*)

The latest geographically correct diet with star appeal—Sara Jessica Parker and Renée Zellweger are said to be fans—Dr. Fred Pescatore's plan stresses veggies, fish, omega-3 fatty acids and monounsaturated fats like Australian macadamia nut oil (*Your Diet, June 21, 2004*)

Named after the exclusive Long Island, NY, beach community he calls home (as do many A-list celebs), Dr. Fred Pescatore's get-thin guide takes the low-carb craze and makes it safer by focusing on healthy carbs (wheat bread is allowed, white is off limits) and fats (monounsaturated), instead of restricting them entirely. Recipes like Gardiner's zucchini salad are perfect for summer. (*Star Magazine, May 24, 2004*)

"It's the new Atkins but better, easier to follow, good for you..." (*Sunday Mirror, 28 March 2004*)

"the latest on the low-carbohydrate dieting craze..." (*UK.news.Yahoo.com, 18 March 2004*)

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