



The Hamptons Diet - Lose Weight Quickly And Safely With The Doctor's Delicious Meal Plans

By PESCATORE, Fred

U.S / John Wiley & Sons, Somerset, New Jersey, U.S.A., 2004. Hardcover. Book Condition: New. 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. A 1st edition, with its dust-jacket, in new condition. (244 pages).

DOWNLOAD



READ ONLINE

[4.16 MB]

Reviews

This kind of pdf is every thing and made me seeking ahead plus more. It is probably the most amazing ebook i have study. I am quickly can get a enjoyment of reading a composed pdf.

-- Florence Rutherford DDS

Definitely among the best ebook I actually have possibly read through. It is really simplified but unexpected situations in the 50 % from the publication. You wont truly feel monotony at at any time of the time (that's what catalogues are for concerning in the event you ask me).

-- Jerald Champlin II