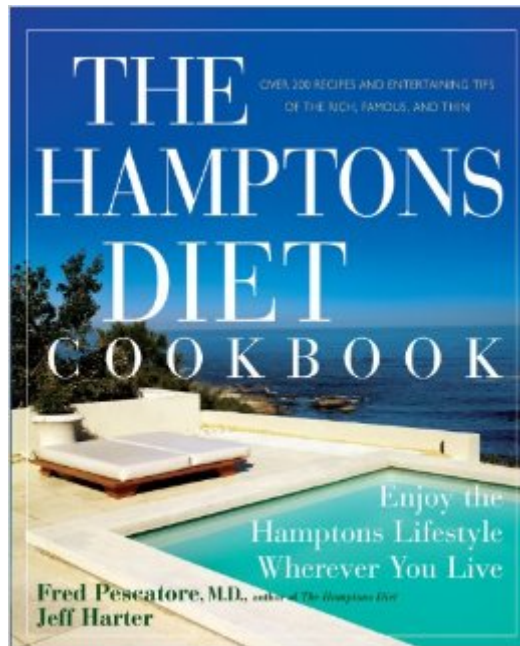


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# The Hamptons Diet Cookbook: Enjoying The Hamptons Lifestyle Wherever You Live



## Synopsis

Cooking and Entertaining Secrets of the Rich, Famous--and Thin! How do the rich and famous who congregate each summer in the Hamptons stay so thin, healthy, and gorgeous? In *The Hamptons Diet Cookbook*, you'll discover that enjoying exquisitely satisfying taste sensations doesn't have to result in your becoming overweight. You'll learn how to get thin, stay svelte, and be healthier than ever before while indulging yourself in such seemingly sinful pleasures as: \* Ham Roll-Ups with Poached Egg and Mornay Sauce \* Tropical Key Lime Chicken Salad \* Simmered Shrimp with Shiitake Mushroom and Scallions \* Cheese and Jalapeño Quesadillas \* Creamy Chickpea and Farro Soup \* Sausage, Bacon, and Bean Casserole \* Stuffed Pork Chops with Spinach, Cheese, and Pine Nuts \* And hundreds more temptingly delicious recipes Praise for *The Hamptons Diet* "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* "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*

## Book Information

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## Customer Reviews

How DO the rich and famous always seem to stay so thin and healthy? With the exception of maybe Danny DeVito and Rodney Dangerfield, can you think of very many movie stars who are overweight or obese? Probably not. That's because they have found the secret to eating better quality foods

that not only satisfy their tastebuds, but also their nutritional needs. Dr. Fred Pescatore first introduced his healthy weight loss principles in his groundbreaking 2004 bestselling book called *The Hamptons Diet* with Hollywood hotties Sara Jessica Parker and Renée Zellweger among its most ardent followers. But now, by popular demand, Dr. Pescatore is back with a hot new book full of over 200 mouthwatering and flavorfully unique recipes called *The Hampton's Diet Cookbook*. While you may not be rich and famous, he shows you how you can eat like one with Mediterranean-styled cooking assistance from renowned chef Jeff Harter. Once you try many of these recipes, you'll forget you're actually on a diet! That is the beauty of finding a low-carb program like *The Hamptons Diet* -- IT TASTES SO GOOD YOU CAN'T BELIEVE IT CAN HELP YOU LOSE WEIGHT. But it does. With countless numbers of people using this nutritional approach to lose weight in 2006, despite what the naysayers in the media and those pesky low-fat lovin' health "experts" say, the fact remains that this way of eating has worked and STILL continues to work to help people lose weight and keep it off for good. I lost over 180 pounds thanks to a healthy low-carb eating plan and you can too! As a strong proponent of eating more organic whole foods as well as liberal amounts of macadamia nut oil, Dr. Pescatore wants the average, everyday person to look at food in an entirely different manner than they ever have before. Pay attention to the kind of carbohydrates that you are putting in your mouth and stick with the healthful slow-release ones as well as foods that are balanced according to the glycemic index and the glycemic load. The recipes in *The Hampton's Diet Cookbook* provide you with this balance. Just in case you didn't get his original book, Dr. Pescatore provides an abridged version of *The Hamptons Diet* plan at the front of his new book to catch you up to speed, including explaining the various food pyramids that you will want to know about when you are on his diet. Trust me, throw out everything you thought you knew about diet and nutrition and keep your mind open to the greater possibilities that await you in this book. There's even one chapter that explains what kind of kitchen appliances and tools you will need to start eating healthier. Hey, if you're gonna make the commitment to lose weight and keep it off, then what better way than to start anew than to literally clean house?! You'll also enjoy the convenient grocery shopping lists that Dr. Pescatore provides to keep you focused on what you need to do to get with the plan and make it happen for yourself. The recipes in *The Hampton's Diet Cookbook* cover breakfast ("the most important meal of the day"), lunch (something light, nothing fancy), and dinner ("one of the most enjoyable and entertaining parts of the day"). Additionally, there are great side dishes and salads to combat boredom on the plan even if you can't make it look very good (Dr. Pescatore wrote that "the hardest thing for me is to get a salad to look pretty"). I can relate, but who cares when the taste is...mmmmmm! For those of you who want to entertain guests and dazzle them with your low-carb

cooking prowess, Dr. Pescatore presents a series of popular party recipes that will have them raving! Interestingly, you would think these recipes would need to be fancy-schmancy, but actually many of them are quite simple. The point is, Dr. Pescatore explains, to have fun with your life and stop worrying about food so much. It's time to eat better and be merry -- The Hamptons Diet way! But what would a cookbook be without a few wonderfully tantalizing desserts?! However (and I LOVE this!), Dr. Pescatore makes it very clear up front what you won't see in his recipe book: "Sugar won't be used in any of these dessert recipes." EXCELLENT! That's just the way we like it when we are livin' la vida low-carb. A superb dissertation on what is acceptable as an alternative to sugar is included at the beginning of the dessert chapter to help you make the right choices about what you should use, including a list of the "healthy sweeteners" (Stevia, Xylitol), ones where the "jury is still out" (Splenda, maltitol), and finally the ones you really should "avoid" (hint: Nutrasweet didn't do so well). At the back of the book, Dr. Pescatore includes in the appendix an amazing resource guide to help you find some of the ingredients that may be hard for you to find in your area. He earnestly wants to see you succeed at his plan and literally thought of everything for people who read The Hampton's Diet Cookbook. Regardless of which low-carb plan you have been on, whether it's Atkins, South Beach, Protein Power, or The Zone, The Hampton's Diet Cookbook will give you even more succulent and tasty recipes you are sure to love and enjoy with your family. Eating healthy never tasted so good! That's the miracle of low-carb living. THANKS, Dr. Pescatore for continuing to be a champion of this amazingly miraculous way of eating!

I don't follow the Hamptons Diet because, despite the very smart premise, I find it a bit complicated, what with the food lists and all. The cookbook, on the other hand, is absolutely fantastic. Not only are the recipes delicious, you can actually use this book with a variety of plans! Because most of the recipes aren't too high in fat and can easily be modified to further decrease the fat, eliminate the dairy, etc, this book offers a wide variety of fantastic recipes that can be utilized no matter which plan you are on (including Fat Flush and South Beach). I'm Italian but I do best on a moderate-carb diet. However I also have a tendency to digestive trouble (ulcerative colitis and IBS run in the family) so I don't do well on the typical high-fat, dairy-rich fare most low-carb books offer. This book is perfect for me: it offers lots of recipes with Mediterranean flavors, made with fresh ingredients, and it doesn't overdo the fat and dairy. The best "diet" cookbook on the market!

This cookbook changed my life! Not only do I enjoy every meal, the recipes are easy to follow and I lost weight quickly! Dr. Pescatore has created a book for people who enjoy food and flavors and the

recipes are healthy. What makes it even better, is that by using this book, I really don't feel as if I am on a diet. I highly recommend this book to anyone who has trouble losing weight and enjoys food. Bravo, Dr. Pescatore!

Having done Atkins a long time ago, and most low-carb diets since, and also having done Dr. Bernstein's Diabetes Solution, this came along at a time when I wanted a little more variety. A lot of the meals are too fancy (and expensive) for the average low carber, but many are not, and they are delicious. The science behind the meal plan is not new, just updated. Having worked as Dr. Atkins' head of nutrition, made me feel secure that he knew what he was talking about. If you want to try something that's not so restrictive yet still very low carb, give this a shot.

The recipes are easy to follow but some of the ingredients are a little difficult to locate and sometimes fairly pricey. The ice cream recipes are definite winners! We started this diet to get my husbands Diabetes under control and it definitely works.

This is a great diet for those who can't stay on Adkins. A bit more liberal than Adkins, but easier to stay on. Good results.

Living in the Mountain West, well, the ingredients would be quite hard to find. The recipes could be adapted to what's available in this area, provided one was willing to spend a lot of time, effort and money. I did get a good laugh though...Dr. Fred you need to visit our part of the country and write a sequel. Title it, The Landlocked Hamptons Diet on a Budget.

this guy makes a lot of sense, and it works! the whole plan is well researched. these recipes are good. try them, you have nothing to lose but extra pounds.

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