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

Features:
* Notes:

My Personal Review:
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 Renee 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 your 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!

For More 5 Star Customer Reviews and Lowest Price:
The Hamptons Diet Cookbook: Enjoying the Hamptons Lifestyle Wherever You Live by Jeff Harter - 5 Star Customer Reviews and Lowest Price!