



The A-List Diet: Lose up to 15 Pounds and Look and Feel Younger in Just 2 Weeks

By Fred Pescatore

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The New Weight-Loss Revolution from the Diet Doctor to the Stars

From red carpet premieres to TV interviews, celebrities are always under pressure to look their best. Dr. Fred Pescatore, author of the *New York Times* bestseller *The Hamptons Diet*, is sharing—for the first time—the secret diet he uses with his A-list clientele. You can drop up to 15 pounds in as little as two weeks—while enjoying delicious and satisfying food!

With a unique dieting innovation, more than 100 delicious recipes, and easy-to-follow meal plans, *The A-List Diet* goes beyond Atkins, beyond *The Whole30*, beyond *Eat Fat, Get Thin*, and way beyond Paleo. By combining the benefits of protein boosting, protein rotation, inflammation busting, and acid-reducing alkalization, this diet maximizes your ability to drop weight. In *The A-List Diet*, there is no point counting, no obsessing over the scale, and no gimmicks. Just smart swaps, simple solutions, and a fresh new look at everyday choices. Dr. Pescatore helps you identify what type of dieter you are so you can customize his strategies to work best for you, so this is truly your diet secret.

Featuring testimonials from Dr. Pescatore's patients, *The A-List Diet* is your ultimate guide to losing weight with healthy strategies and quick results. Get red carpet ready with the fabulous new you!

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Editorial Review

Review

"Fred Pescatore demonstrates once again why he is one of the most innovative thinkers in the low-carb movement. This exciting and innovative new book goes way beyond the standard low-carb prescription of meat and vegetables and shows you how to make a few simple tweaks that are virtually guaranteed to get you results." --Jonny Bowden, PhD, CNS, bestselling author of *The Great Cholesterol Myth*, *Living Low Carb*, and *Smart Fat*

"Throughout our 25-year association, Dr. Pescatore has been the most trusted voice when it comes to my health and wellness. He has continually offered alternative and successful approaches to problems that baffled others. He is smart, sensitive, always at the forefront of what is new--and has never given up on his battle to end obesity in America. Simply put, he's a genius when it comes to diet and nutrition." --Heidi Clements, executive producer of *Baby Daddy*, former executive producer of *Entertainment Tonight*, and author of *Welcome to Heidi*

"Dr. Fred is a breed apart. He does not simply rehash what is already known in the diet world but is innovative and creative to uncover new solutions--that work. *The A-List Diet* is THE new diet book of the decade." --Ann Louise Gittleman, PhD, CNS, author of 30 books on detox, health, and healing

"More than 40 years ago, my husband Dr. Robert Atkins, a respected cardiologist, pioneered and championed the health and longevity benefits of a nutritional lifestyle grounded in good fats, protein, and moderate to lower carbohydrates. Dr. Fred Pescatore was a very valued and respected member of Dr. Atkins's team, helping patients to feel and look great while improving their health. Dr. Pescatore's commitment to a healthy nutritional lifestyle has remained steadfast through the years. To this day, his passion for medicine and nutrition continues to benefit his patients and readers." --Veronica Atkins

From the Inside Flap

The Scientific Weight-Loss Plan Celebrities Use--Tailored Specifically to You

You probably know eating protein and vegetables and avoiding white carbs--the basis for Paleo, Atkins, and other low-carb diet plans--is the gold standard for staying lean and thin. I built a tremendously successful plan on this concept with my *New York Times* bestseller *The Hamptons Diet*. Nutritional science has evolved rapidly since then, and I have worked with thousands of patients--including many celebrities--to help them lose weight and get healthy using the latest scientific advances.

Through much research, I've figured out the key to giving my celebrity clientele the best results from a high-protein lifestyle--protein boosting with a blend of amino acids designed specifically for them. Now, I'm sharing these same tools with you. My A-list solution removes the common barriers to weight loss and gives you all you will need for weight loss success--and optimal long-term health.

The *A-List Diet* goes beyond Atkins, beyond the Hamptons and South Beach, beyond Virgin, beyond Zero Belly, beyond Wheat Belly, and beyond Paleo. I have been in practice for more than 20 years, and the A-List Diet gives the most amazing results that I have seen in my entire career. Let's get started! --Dr. Fred Pescatore

About the Author

Dr. Fred Pescatore, MD, MPH, CCN, is one of the nation's foremost authorities on diet, nutrition, complementary medicine, and a wide range of wellness and lifestyle topics. He has a private medical practice in New York City, was the former associate medical director at the Atkins Center for Complementary Medicine, and has written several books, including the *New York Times* bestseller *The Hamptons Diet*, *Feed Your Kids Well*, and *The Allergy & Asthma Cure*.

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Chuck Deschenes:

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