



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

Fred Pescatore

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From red carpet premieres to TV interviews to unexpected paparazzi encounters, celebrities are always feeling the pressure to look their absolute best. So when it comes to slimming down, they want fabulous results now. 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 to achieve maximum results for losing weight and getting healthy. You can drop up to 15 pounds in as little as two weeks—while enjoying delicious and satisfying food!

With a unique dieting innovation, 90 delicious recipes, and easy-to-follow meal plans, *The A-List Diet* goes beyond Atkins, beyond *The Whole 30*, 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. Grounded in the latest cutting-edge science, this foolproof approach to eating healthy will make your body feel good on the inside, which makes you look younger, slimmer, and better than ever—the natural way. *The A-List Diet* removes the common barriers to losing weight and gives you all the tools you will need for success—and optimal long-term health.

In *The A-List Diet*, there is no counting points, 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.

Filled with testimonials from Dr. Pescatore's celebrity 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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Peter Zimmerman:

The A-List Diet: Lose up to 15 Pounds and Look and Feel Younger in Just 2 Weeks can be one of your nice books that are good idea. Many of us recommend that straight away because this e-book has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The author giving his/her effort to place every word into enjoyment arrangement in writing The A-List Diet: Lose up to 15 Pounds and Look and Feel Younger in Just 2 Weeks however doesn't forget the main level, giving the reader the hottest and also based confirm resource facts that maybe you can be among it. This great information may drawn you into fresh stage of crucial imagining.

Mamie Perkins:

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Donald Burgess:

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