



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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Lucile Brown:

People live in this new time of lifestyle always make an effort to and must have the spare time or they will get lots of stress from both day to day life and work. So , when we ask do people have extra time, we will say absolutely of course. People is human not really a huge robot. Then we inquire again, what kind of activity do you have when the spare time coming to an individual of course your answer will certainly unlimited right. Then ever try this one, reading publications. It can be your alternative inside spending your spare time, the book you have read is actually The A-List Diet: Lose up to 15 Pounds and Look and Feel Younger in Just 2 Weeks.

Woodrow Harker:

This The A-List Diet: Lose up to 15 Pounds and Look and Feel Younger in Just 2 Weeks is completely new way for you who has fascination to look for some information mainly because it relief your hunger of information. Getting deeper you into it getting knowledge more you know or else you who still having tiny amount of digest in reading this The A-List Diet: Lose up to 15 Pounds and Look and Feel Younger in Just 2 Weeks can be the light food for you because the information inside that book is easy to get by means of anyone. These books build itself in the form which is reachable by anyone, yes I mean in the e-book type. People who think that in guide form make them feel sleepy even dizzy this publication is the answer. So there is not any in reading a publication especially this one. You can find actually looking for. It should be here for you actually. So , don't miss it! Just read this e-book sort for your better life and also knowledge.

Teresa Powers:

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