



# The HAMPTONS HEALTH SPA DIET COOKBOOK

THE FAMOUS HEALTH SPA WAY  
TO LOSE WEIGHT PERMANENTLY  
DINE DELICIOUSLY and ENJOY  
VIBRANT HEALTH plus 250 GREAT  
GOURMET RECIPES...

By  
FLORENCE KULICK  
and  
FLORENCE MATTHEWS

Foreword by Morton B. Glenn, M.D., Noted Nutrition Doctor.

# The Hamptonshealth Spa Diet Cookbook

**JR Anderson**



## **The Hamptonshealth Spa Diet Cookbook:**

**The Hamptons Health Spa Diet Cookbook** Florence Kulick, Florence Matthews, 1983 Based upon a weight loss cuisine developed by the authors for a noted resort health spa in the Hamptons the book's nutritional concept is a low fat low sugar low cholesterol low salt diet featuring international gourmet dishes designed to make weight loss pleasurable permanent The book contains 250 gourmet recipes numerous menu plans *Health Related Cookbooks* Tian-Chu Shih, 1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA **New York Magazine**, 1983-11-28 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Cookbooks by Small Presses** Paula Matta, 1988 **American Book Publishing Record**, 2004 **Subject Guide to Forthcoming Books**, 1983 Presents by subject the same titles that are listed by author and title in Forthcoming books Writer's Market, 1985 Paula Deimling, 1984-09 **The Writer's Market**, 1985

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