



# 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

**A Gutmann**



## **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 *American Book Publishing Record*, 2004 **Cookbooks by Small Presses** Paula Matta, 1988

**The Writer's Market**, 1985 [Materijali za istorijata na Makedonija](#), 1982 **Small Press Record of Books in Print** Len Fulton, 1989 **The Publishers Weekly**, 1988 **Writer's Market, 1985** Paula Deimling, 1984-09 **Subject Guide to Forthcoming Books**, 1983 Presents by subject the same titles that are listed by author and title in Forthcoming books *The Jemima Code* Toni Tipton-Martin, 2022-07-01 Winner James Beard Foundation Book Award 2016 Art of Eating Prize 2015 BCALA Outstanding Contribution to Publishing Citation Black Caucus of the American Library Association 2016 Women of African descent have contributed to America's food culture for centuries but their rich and varied involvement is still overshadowed by the demeaning stereotype of an illiterate Aunt Jemima who cooked mostly by natural instinct To discover the true role of black women in the creation of American and especially southern cuisine Toni Tipton Martin has spent years amassing one of the world's largest private collections of cookbooks published by African American authors looking for evidence of their impact on American food families and communities and for ways we might use that knowledge to inspire community wellness of every kind The Jemima Code presents more than 150 black cookbooks that range from a rare 1827 house servant's manual the first book published by an African American in the trade to modern classics by authors such as Edna Lewis and Vertamae Grosvenor The books are arranged chronologically and illustrated with photos of their covers many also display selected interior pages including recipes Tipton Martin provides notes on the authors and their contributions and the significance of each book while her chapter introductions summarize the cultural history reflected in the books that follow These cookbooks offer firsthand evidence that African Americans cooked creative masterpieces from meager provisions educated young chefs operated food businesses and nourished the African American community through the long struggle for human rights The Jemima Code transforms America's most maligned kitchen servant into an

inspirational and powerful model of culinary wisdom and cultural authority      *New York* ,1985-05      **Cataloging Bulletin**  
Hennepin County Library. Cataloging Section,1987      Book Review Index ,1985 Every 3rd issue is a quarterly cumulation

**The Cumulative Book Index** ,1913      **The Hamptons Diet Cookbook** Jeff Harter,Fred Pescatore,2013-02-21

Cooking and Entertaining Secrets of the Rich Famous and Thin 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 Jalape o 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*

**The Library Journal** ,1999 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section  
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