

# THE A-LIST DIET

**Dr. Fred's**  
**A-List Celebrity Cheat Sheet**  
**for Even FASTER Results:**  
*Without eating less or lifting a finger*

*By Fred Pescatore, MD*



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# Dr. Fred's A-List Celebrity Cheat Sheet for Even FASTER Results: *Without eating less or lifting a finger*

My NEW A-List Diet has sparked a national sensation, not only because it *works*, but also because it's *easy*.

This DECADENT crash course is so enjoyable, it will completely transform the way you think about weight loss. Follow my advice and you can:

- ✓ Shed excess pounds without completely depriving yourself
- ✓ Stay slender for life
- ✓ Escape the deadly diabetes epidemic
- ✓ And look and feel years younger

Yes! You can win your battle with the scale—for good. All you need are a few of my POWERFUL “secrets,” FAST “tricks,” and SIMPLE “shortcuts” to supercharge your success.

My A-List clients are under constant pressure to look fit and youthful—and they need results fast. In this A-List Celebrity Cheat Sheet, I'll show you some of my favorite A-List tips to help you jump-start your weight loss and make the most of *your* A-List Diet.

## Give in to your cravings

### 1. Go ahead...eat more chocolate.

Yes, eat more chocolate—the darker the better. You see, real cocoa contains powerful antioxidants, even stronger than those found in wine.

So indulge in *more* dark chocolate temptations. You'll lose weight and keep your blood sugar under control. Just skip the premade brownies or cookies. Make your own decadent treats, instead. They'll taste even better made with real cocoa and stevia.

Stevia is a natural sweetener that comes from a plant native to South America. There are many grades of it, so be careful when shopping. Unless you use a brand high in steviosides, there can be a bitter aftertaste.

Truvia™ is a popular form of stevia and you can find it just about everywhere. It contains a combination of stevia *and* erythritol, a sugar alcohol. But unlike Xylitol or mannitol, erythritol seems to cause fewer GI symptoms. However, it's still a processed product, so use it sparingly.

### A-LIST TIP

#### Make your own guilt-free dessert

1. Melt 100% unsweetened dark chocolate.
2. Mix it with 1 to 2 tablespoons of heavy cream and stevia.
3. Drizzle it on berries or homemade whipped cream for a decadent treat.

Here's a helpful stevia conversion:  
6 packets of powdered Stevia = ½ tsp Stevia liquid = 1/4 cup of sugar

For more chocolate temptations, turn to the “Beverages and Desserts” section of *The A-List Diet* book.

## THE A-LIST DIET

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In your baking, try to use straight stevia. Look for powdered versions in the sugar aisle of your grocery store. You can also find plain or flavored liquid stevia in health food stores or online. Plus, you can even find stevia-sweetened chocolate candies on the market nowadays.

### 2. Get a little tipsy.

I want you to enjoy and savor life. That's what's missing from most diets. They tell you how to CUT your cravings...CUT your calories...CUT your fat...and CUT the good things out of life.

But I say "NO" to cutting.

You *can* enjoy life and indulge in a few naughty sins. Heck, even enjoy the occasional martini.

Yes, friends! You can (*and should*) enjoy moderate amounts of alcohol and still keep your blood sugar tightly under wraps. And don't worry, it won't make you gain weight either.

I recommend distilled spirits, which include brandy, rum, gin, vodka, tequila, and whisky. Alcohol should never be combined with mixers that have sugar, like tonic water. If you choose a mixer, stick to water or club soda.

For men, the limit is about 7 ounces of alcohol per week with no more than 1.5 ounces at one time. For women, it's about 4¾ ounces of alcohol per week with no more than 1 ounce at a time. Both genders should have two alcohol-free days per week. To help you measure, the average shot glass holds 1 to 1.5 ounces of alcohol.

### 3. Never skip meals.

"Diets" call for deprivation. But let me make this perfectly clear: Do NOT skip a meal and think you're on the fast-track to weight loss and blood sugar control. This will only make you hungrier and create metabolism problems. It also leads to overeating.

Instead, eat regular meals, spaced throughout the day.

### 4. Keep your refrigerator stocked, not sparse.

It's pathetic. When you go on a diet, you eat the *same thing* day after day after day. And your pantry looks plain depressing with just "low-fat" cheese, yogurt, and turkey on the shelf.

I want you to take the COMPLETE OPPOSITE approach.

Go ahead and fill your refrigerator. Stock your pantry to the brim. When you go shopping and see something fresh, buy plenty of it. You'll never feel deprived when your kitchen is fully stocked.

And you won't be calling this a "diet" when you're serving up A-List dishes like Bacon and Bleu Cheese Stuffed Burgers, Pizza Siciliano, and Chocolate-Coconut Pudding.

#### A-LIST TIP

##### **This guilt-free cocktail is shaken, not stirred**

My all-time favorite cocktail is an organic cucumber martini. For starters, you'll need organic cucumber vodka. There are several options on the market, or you can infuse your own at home. Make your martini by mixing three parts organic cucumber vodka with one part dry vermouth. Shake and enjoy!

Now then. Doesn't that make your Saturday night a little more decadent?

#### A-LIST TIP

##### **Entertain the A-List way and never feel like you're "dieting"**

On most diets, entertaining goes out the window. Your friends won't stay friends for long if you serve them bland diet food. But try hosting a barbeque with my Sticky-Finger Spare Ribs, Sweet Potato Gratin, Too-Good-to-be-True Peanut Butter Cookies, and Cucumber Martinis on the menu. Now, that's what I call A-List-style entertaining.

More than 100 decadent, easy-to-prepare recipes await you in *The A-List Diet*. You'll also find free Bonus Recipes available at **[AListDietBook.com](http://AListDietBook.com)**.

### 5. Eat more fat to stay lean.

When hunger strikes in the middle of the afternoon, here's a foolproof quick fix...eat a handful of nuts. They quickly fill your tank fast and keep you going until your next meal. This is because, unlike most snack foods, they contain protein, carbs, *and* fat.

Yes, nuts contain a lot of fat, but it's the *good kind* of fat. They are low in saturated fat and contain lots of monounsaturated fat. So they will actually help you lose weight. In fact, a recent study followed 50 people with diabetes for one year. Half of the adults followed a low-fat diet. The other half followed a healthy diet that included a daily serving of walnuts.

Both groups lost weight in the first six months. But during the second half of the year, the low-fat dieters gained weight. On the other hand, the walnut eaters kept their weight off.

Enjoy macadamia nuts, walnuts, pecans, and hazelnuts. Eat them plain or roasted, not honey roasted. But skip the peanuts—they're not actually nuts at all, but legumes.

### 6. Drink more water.

This is a cheap, surefire way to supercharge your weight loss. Studies show that when you're properly hydrated, you burn more calories—even when you're NOT exercising.

Plus, you'll save money. The average 12-pack of soda costs \$4 to \$5. If you're like most folks and like to drink a few of these a day, you'll save about \$30 a month just from cutting out the soda. And it's not just "regular" soda you have to worry about. *Diet* soda is out, too. Even without the sugar, diet soda has been linked to metabolic problems and an increased risk of diabetes.

While you're at it, skip all the "sugar free" and "flavored" diet drinks. This includes sugar-free sports drinks, "vitamin drinks," and even Crystal Light. I have found that men and women who drink these lose weight *much* slower. Plus, for health reasons, you're better off without the aspartame.

### 7. Yes, you CAN dine out!

My A-List clients still like to see and be seen—and you can do the same. My program is easy to follow, whether you're cooking at home, eating out, or even traveling around the globe.

Just try the following shortcuts when you're looking at the menu:

- Choose your entrée from the main course "must" list: Beef, poultry, pork, fish, other seafood, or eggs.

#### A-LIST TIP

##### Cook with Macadamia Nut Oil

It has the highest concentration of monounsaturated fatty acids (MUFAs)—yes, even more than olive oil. MUFAs help your body burn more fat while you're at rest and they also fight inflammation. You can substitute it anywhere you're currently using olive oil. It's the only oil I use in my kitchen.

#### A-LIST TIP

##### How much water should you drink?

For quick weight loss, divide your weight by 2.2. This is how much you weigh in kilograms. It's also how many ounces of water you should drink each day.

So, say you weigh 200 pounds. Divide that by 2.2 you get about 90. That's how many ounces of water you should drink each day to jumpstart your weight loss.

#### A-LIST TIP

##### Begin each meal with savory vegetable appetizers

Blanche veggies (lightly steam them for 30 seconds or so) and dip them in rich cream cheese, homemade dressing, all-natural peanut butter, or sour cream. Check out ***The A-List Diet*** book for my favorite salad dressing recipes that are easy to make at home.

- Next, narrow it down by how the dish is prepared. Stick with grilled, broiled, baked, or steamed.
- Skip sandwiches, buns, and breads. If sandwiches are your only option, ask for a wrap instead of a bun. Order your burger on a bed of lettuce.
- Skip anything breaded or fried.
- Substitute your sides. Instead of a starchy potato, corn, or pasta, substitute a salad or steamed veggies. Even a sweet potato will do in a pinch.
- Skip the sauces and heavy dressings. Go for olive oil, lemon juice, a little sea salt or fresh pepper if they have it. Bleu cheese and feta cheese are a great way to add flavor as well.
- Look for a cheese plate or a side of berries and cream for dessert.

### A-LIST TIP

#### Check your phone before you order

One trick I learned from my celebrity clients is to take photos of the lists featured in *The A-List Diet* and keep these photos on your phone. That way you never have to guess.

And remember, just because it's not listed on the menu doesn't mean it's not available. If it's in season and in the kitchen, they'll usually put it together for you. In the summer, I ask for berries as my side dish and nobody bats an eye.

For more specific guidance on which amino-rich foods are best for your A-List Diet type, see Chapter 4 of *The A-List Diet*. If you're following my advice and menu plan in the book, you don't need to worry *too* much about these lists—but they are a helpful guide when you're looking over a menu.

Now that you've got the menu basics down, you can kick your efforts up a notch with these A-List secrets...

## A-List shortcuts to lose weight—fast

### 1. Boost your results the A-List way with BCAAs.

Let me introduce you to your new best friend: Branched Chain Amino Acids (BCAAs).

Amino acids are the building blocks of all proteins. They help speed your metabolism, balance inflammation, and get you off any plateau you may be experiencing. There are twenty-two amino acids in the human body, but only three of them are known as BCAAs.

These three “A-List” aminos are the most crucial to the weight loss process:

- Leucine
- Isoleucine
- Valine

The research to date has been impressive. In one study, BCAAs were administered to patients on a high-fat, high-protein diet. In just six weeks, those taking the BCAAs had 7 percent less body weight and had 49 percent less white adipose tissue (i.e., fat!).

This is why all of my A-List clients begin **protein-boosting** their diet—that is, increasing their intake of BCAA-rich protein. It's important to get your first boost in the morning, to fuel your body for the day ahead. And then give yourself another boost in the evening, to rev up your metabolism and prevent late-night snacking.

You may be tempted to reach for protein bars to increase your protein intake...but please know I don't recommend it. Many brands are jam-packed with sugar. Plus, they aren't formulated with the *right* amounts of the *right* BCAAs that will help you get results.

## 2. Get an instant fix—now—with glutamine.

Okay. You're staring down a fresh box of donuts your colleague "kindly" brought to the office. What do you do?

Take glutamine!

It will instantly calm your sugar cravings. Pop a 500 milligram capsule in your mouth when you feel a craving coming on. You can take up to 1,500 milligrams per day.

It's especially helpful early on in the program to help keep you on track. I tell every A-List client of mine to keep this secret weapon in their bag.

## 3. Rev up your fat-burning engine with BurnLogic.

There are a few more celebrity shortcuts you can use to supercharge your weight loss:

- **Green tea.** It works by stimulating the breakdown of fat. It also promotes healthy kidney, liver, and pancreatic function. You can drink green tea throughout the day, as I do. Or, you can take a green tea extract.
- **WellTrim iG.** This African mango extract is a 21st century breakthrough that could help you crush cravings and bust fat. Research who developed this extract showed it can help your brain get the "I'm full" signal—and increase levels of a key fat-burning enzyme by 159%.
- **Raspberry ketones.** This discovery is like a fat-seeking missile with the potential to target stubborn belly fat and help keep your tummy lean for life.

I've included these slimming superstars in my **BurnLogic** formula—just another way to make this journey as easy as possible for all of my patients and readers.

Visit [AListDietBook.com](http://AListDietBook.com) for more information and to order your own supply.

## 4. Upgrade your daily multivitamin to MetaMulti Advanced.

Here's something shocking you may not know about multivitamins: Most of the formulas were designed in the 1940s and haven't changed much.

When I learned that, I knew we needed a new type of multivitamin to help fight health concerns that come from a 21st century lifestyle. After all, a high-quality multivitamin is the basic building block to good health.

### A-LIST TIP

#### BCAA-boosting doesn't get any easier than this...

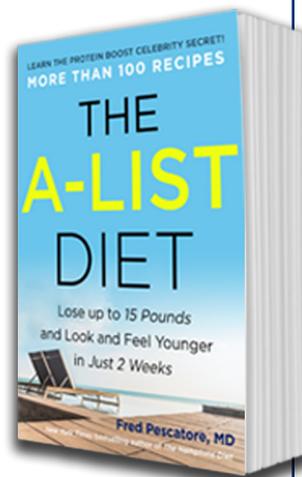
My A-List clients follow a personalized protein-boosting routine, with extra BCAA boosts in the morning and evening. And I recently developed several formulas to help you get started at home.

My **A-List Amino Booster**, a powdered drink mix formulated with BCAA Essentials, can help you curb hunger and fuel your body for weight loss. It's a great starting point for creating your personalized A-List shake outlined in *The A-List Diet*.

Then, for added metabolic support, try my **A.M. Jump Start** and **P.M. Reboot protein boost shots**. They're both delicious and packed with superstar ingredients to optimize your weight loss efforts. The **A.M. Jump Start** formula helps rev up your metabolism for the day ahead, so you can take it as soon as you wake up. The **P.M. Reboot** keeps your metabolism going, while soothing away the day's stress and strain, and supporting your natural recovery process as you rest.

For full details, go to [AListDietBook.com](http://AListDietBook.com). When these formulas are in stock, you'll be able to order them directly through the site.

It's important to tailor your BCAA intake to match your dieter type. More information and detailed shake recipes are included for you in *The A-List Diet* book. You can also find out your "A-List type" by taking the short quiz on my website, [AListDietBook.com](http://AListDietBook.com), and signing up for bonus tips sent right to your inbox.



That's why I developed MetaMulti Advanced. It contains 38 specialized vitamins and nutrients designed to combat metabolic syndrome and give you results you can see and feel, all backed up by science that was done in *this* century, not pre-World War II.

It contains key ingredients that can benefit anyone concerned about excess weight and metabolic syndrome, including berberine, cinnamon, curcumin, and benfotiamine to support healthy blood sugar.

This formula also includes a proprietary blend of purple tea known as Alluvia. Two small clinical trials suggest Alluvia can help promote a healthy body mass index (BMI) and help target the waistline and hips. I'm proud to say I was the first physician in the U.S. to offer this incredible discovery at my clinic.

### A-LIST TIP

**MetaMulti Advanced can help you get the most bang for your buck**

To learn more about what I recommend in a multivitamin and see full details on my MetaMulti Advanced formula, go to **AListDietBook.com** and click "Shop." You'll also find information on the full range of nutritional supplements I recommend to support your weight loss efforts in chapter 5 of ***The A-List Diet***.

### **A-Listers do it the easy way. Why shouldn't you?**

These simple A-List secrets work for my celebrity clients. Now it's your turn.

It's important to remember that it's far easier to be unhealthy than to be healthy in this country, so I applaud you for every inch of your progress.

The biggest obstacle for any dieter is to figure out how to make dieting a way of life, not something you go on and go off. Just stick to my simple guidelines and you'll succeed—without feeling like you're "on a diet."

I've outlined some of my easiest shortcuts here in this Celebrity Cheat Sheet, but the full details are all there for you in ***The A-List Diet***. I've also included a section in my book with additional tips to help you maintain your healthy weight for life, plus the A-List guide to conquering food addiction. I hope it empowers you to live the way you want to.

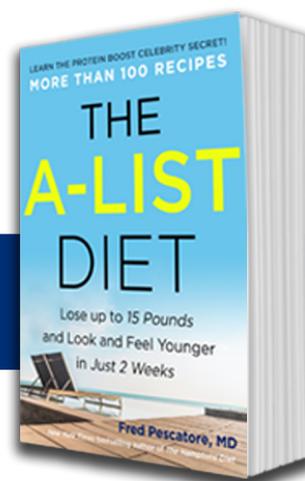
Grab your copy of ***The A-List Diet*** today or go to **AListDietBook.com** to take your next steps. As always, talk to your doctor before making any changes to your diet and exercise routine.

See you on the A-List,



Fred Pescatore, M.D.

For more information, go to  
**ALISTDIETBOOK.COM**



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### About the Author

**Fred Pescatore, MD**, is one of the most sought-after natural physicians in the country, specializing in making you feel like the best version of you!

Dr. Pescatore is the author of the *New York Times* best-selling book, *The Hamptons Diet* and the No. 1 best-selling children's health book, *Feed Your Kids Well*. His other books include: *Thin For Good*, *The Allergy and Asthma Cure*, *The Hamptons Diet Cookbook* and *Boost Your Health with Bacteria*.

You may have already met Dr. Pescatore on *The O'Reilly Factor*, *Rachael Ray*, *The Today Show*, *Extra*, *The View*, and many more – sharing the latest breakthroughs in integrative and nutritional medicine. And for years, he was heard daily as the host of the No. 1 health radio show in New York City called, *The Logical Alternative*. He is currently on the editorial board of *Us Weekly* magazine and is a regular contributor to *In Touch*, *First for Women* and *Women's World* magazines.

He's spent over 3 decades studying, researching and practicing medicine around the world alongside some of today's most well respected physicians. Through his non-stop research and unique medical connections across the globe he hears about the most groundbreaking natural discoveries and healing techniques as they happen...sometimes decades before they trickle out to the mainstream.

Now Dr. Pescatore is putting the research, techniques, and in-depth healing protocols right in your hands—and not in clunky medical textbook fashion. Dr. Pescatore makes good health easy to understand and attainable for any age, at any fitness level. His natural approach to healing confronts the modern day cure-all obsession for drugs and surgery that come with countless side effects. Dr. Pescatore features it all in one of the most exclusive health newsletters available, *Logical Health Alternatives*. These cutting-edge cures and simple healing miracles are also shared daily with his loyal readers in his free e-letter *Reality Health Check*.

Dr. Pescatore is the President of the International and American Associations of Clinical Nutritionists, a member of the American College for the Advancement of Medicine, and belongs to many other professional organizations.

After graduating medical school at Columbia University, Dr. Pescatore studied in Southeast Asia, India, Japan, Africa, and Europe. The techniques he gathered have become part of his broad knowledge of healing. Prior to opening his own practice, for five years, Dr. Pescatore was the Associate Medical Director of The Atkins Center for Complementary Medicine working as the right-hand-man to Dr. Robert C. Atkins.

His passion for traveling and education has given Dr. Pescatore vast opportunity to research and create some of the best nutritional supplements available today. Launching his own line in 2012, NuLogic Nutritionals, Dr. Pescatore has had hands-on experience formulating only the highest quality ingredients derived from ideal climates around the world.