

[PDF] Now Eat This! Diet: Lose Up To 10 Pounds In Just 2 Weeks Eating 6 Meals A Day!

Rocco DiSpirito - pdf download free book

Books Details:

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Author: Rocco DiSpirito

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Description:

From Publishers Weekly A follow-up to the author's popular Now Eat This! cookbook, this volume offers an uncomplicated plan for cutting calories and losing weight, in two sections. The first explains how the diet works and how it's possible to eat tasty foods made from healthier ingredients, offers basic advice about exercise, and delineates a "14 Day Fast Track Plan" for kick-starting weight loss by eating 1,400 calories per day (1,200 for women). The second section delivers 75 recipes designed to fit into that low-cal meal plan. They're color-coded by calorie counts so it's easy to pick recipes to fit into a day's overall total. Breakfast choices include a sunrise sandwich with eggs-egg

substitute, actually-and Canadian bacon on a whole-wheat English muffin for 279 calories. Bacon appears again in DiSpirito's version of the BLT, a bacon, lettuce, and tomato roll with 245 calories, thanks to the use of fat-free mayo and a touch of crumbled bacon instead of several bacon strips per sandwich. Spicy-sweet linguine alla vodka gets its creaminess from 2% Greek yogurt and clocks in at 307 calories per serving. There are desserts, too, like red velvet chocolate squares in which beets lend moisture, and agave nectar instead of sugar serves as sweetener. The recipes are mostly super (more like assembling ingredients than cooking) and the prose is straightforward (if a little choppy and repetitive)-meaning just about anyone who wants to should be able to follow this plan and lighten up mealtimes. (Apr.)

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About the Author Rocco DiSpirito entered the Culinary Institute of America at the age of sixteen, and at eighteen began working with legendary chefs worldwide. The James Beard award-winning chef opened the 3-star Union Pacific in New York City, where he established his culinary credentials. He was named Food & Wine's Best New Chef and--as the first chef to grace its cover--was called 'America's Most Exciting Young Chef' by Gourmet. DiSpirito starred in the NBC hit reality series The Restaurant, and the A&E series Rocco Gets Real. He has appeared on Oprah, Ellen, Chelsea Lately, and The Tonight Show, among others.

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