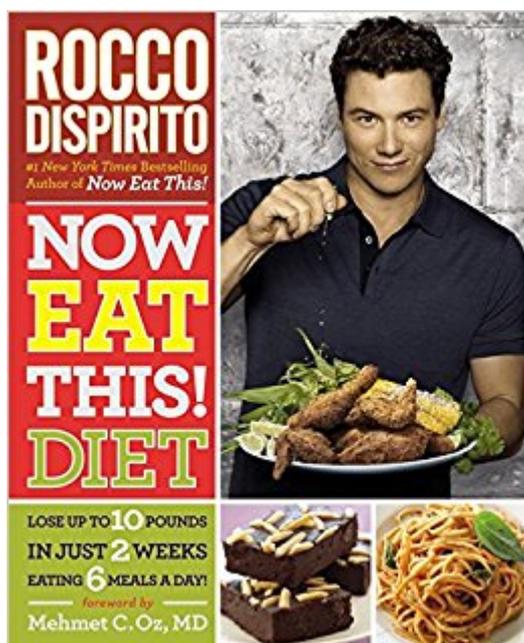


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# Now Eat This! Diet: Lose Up To 10 Pounds In Just 2 Weeks Eating 6 Meals A Day!



## Synopsis

On the heels of the bestselling success of his low-calorie Now Eat This! cookbook, Rocco DiSpirito expands his brand with a weight-loss program guaranteed to produce maximum results with minimum effort. Award-winning celebrity chef Rocco DiSpirito changed his life and his health—without giving up the foods he loves or the flavor. He has lost more than 20 pounds, participated in dozens of triathlons, and—after an inspirational role as a guest chef on *The Biggest Loser*—changed his own diet and the caloric content of classic dishes on a larger scale. In the *Now Eat This! Diet*, complete with a foreword by Dr. Mehmet Oz, DiSpirito offers readers a revolutionary 2-week program for dropping 10 pounds quickly, with little effort, no deprivation, and while still eating 6 meals a day and the dishes they crave, like mac & cheese, meatloaf, BBQ pork chops, and chocolate malted milk shakes. The secret: Rocco's unique meal plans and his 75 recipes for breakfast, lunch, dinner, dessert, and snack time, all with zero bad carbs, zero bad fats, zero sugar, and maximum flavor. Now readers can eat more and weigh less—it's never been so easy!

## Book Information

Series: Now Eat This!

Paperback: 320 pages

Publisher: Grand Central Life & Style; 1 edition (March 22, 2011)

Language: English

ISBN-10: 0446584495

ISBN-13: 978-0446584494

Product Dimensions: 7.8 x 0.8 x 9.2 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (286 customer reviews)

Best Sellers Rank: #46,836 in Books (See Top 100 in Books) #71 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat](#) #196 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#) #487 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

## Customer Reviews

Let me start off by saying that I actually love to cook, so I was excited to get a book that had new, healthier recipes for me to make. I saw Rocco promoting the book on *Chelsea Lately* and eagerly ordered it on . However, the positive outlook waned very quickly, starting with my first trip to the supermarket. I had to go to 3 different stores to get the obscure ingredients required (and still

couldn't find everything), and spent approximately \$250 on new stuff. For example, whole wheat non-bromated pastry flour is \$5.69 vs. \$0.99 for regular. Multiply this by several different ingredients that I didn't have in my kitchen, and you can see how it adds up quickly. But I sucked it up thinking it was a necessary cost to make this plan work and lose weight. The first thing I made was the red velvet bars, which were horrible and formed a layer of oil on top of them overnight. Pretty much every dessert was terrible and had a strange texture. Cookies were so wet that they couldn't hold a shape to bake, and the lemon bars were incredibly sour and artificial tasting. The dish I was looking forward to most was the mac & cheese, one of my weaknesses. I happily tried making the recipe from the book, and it was absolutely disgusting. I threw it all in the trash, after spending a lot of time preparing and baking it. Most of the recipes in this book require a ton of ingredients, and the steps are a bit convoluted. If you don't pay attention, you'll use every bowl and pot in the house! The steps can definitely be simplified. In the end, I got frustrated and simply gave up. I was tired of wasting time and money to make recipes that I threw in the trash after one bite. Despite all of this, there were a few really good recipes that I'll add to my repertoire: pesto chicken pasta, rocky road oatmeal, and chicken almonline. Coincidentally, these are the simplest recipes that used the most normal ingredients. Needless to say, I wouldn't recommend this book.

This is a cookbook you can actually read and learn a lot about diet and nutrition. That is why it is technically a "diet book" that happens to have awesome recipes in it. The pictures in the book are great and it really can change the way you think about cooking and eating. I may lose 10lbs in 6 weeks, but over time I think the effect of books like these could be much much more. Oh, and this book has no artificial sweeteners, which is great because I am NOT a fan of them. I never knew that if you are 10lbs overweight, it can cut 3 years off your life!

Received my copy yesterday and dived right in to make the "No-Boil Mushroom Lasagna." Not only was it quick to make, I was surprised to see that a single serving was a yummy 388 calories versus who knows how scary the actual caloric number is. Was able to thumb through the actual text of the book and I must say that I'm looking forward to cooking these meals. I think it's important to note that you shouldn't get fooled by the word "diet" in the title - if anything, this book is all about teaching you how to eat/cook healthier for your well-being.

I'm actually disappointed, and am preparing to ship back. LOVE Rocco, but I wish that instead of highlighting how many "fat" grams there are per recipe, he'd focus on how many "sugar" grams

there are. He seems to think that consuming dietary fat makes us fat, whereas it's our SUGAR consumption (from refined carbs) that makes us fat. Usually if a product is labeled, "low fat" or "no fat", they replace it with additives (many cases, sugar) to make it taste good. I don't agree with his idea of using all of these low fat substitutes..it's not necessary. It's "trans" fat we need to avoid, and that's primarily in "processed" foods. No need to eliminate EGGS either...they're actually very GOOD for us, rather than processed liquid eggs which God knows what's in them besides egg whites! Dietary cholesterol does not raise serum cholesterol levels....SUGARS do. I agree with using Stevia as a sugar substitute and agave in moderation(it still spikes insulin levels!) Years ago I lost weight on the Sugar Busters diet....lost the book, but just reordered it..it seemed to be the only diet book that "made sense". There are very easy recipes, simple foods, nothing fancy, and the best thing about it is that there are NO COUNTING CALORIES. No counting of ANYthing! I did lose 25 lbs on it in three months...not by cutting out dietary fats,but by cutting out refined carbs. And I had to drink my OJ a half hour before breakfast..that was the most difficult aspect to get used to, but it worked.Sorry Rocco, love ya! And you're not bad to look at,but I have to send your book back. OR I may keep it just to look at your pics! :-)

I do not like this book. The food in the pictures look so good, but the amount of ingredients you need to make one dish is insane. Especially for the desserts. I have bought so many new ingredients that I will never use again, and I still don't have all of the ingredients to make the dish I bought the first ingredients for. Too complicated for anyone thinking his recipes will be fast and simple. thanks,

In this sequel to the 2010 book *Now Eat This!*, Rocco shares his expertise on how to live healthier lives by adjusting our eating habits. The book is structured to help individuals create an appetizing meal plan using a wide variety of food choices. The healthy recipes included in this book truly showcase Rocco's talent in the kitchen. He has somehow managed to re-create dozens of traditionally unhealthy meals into a healthy alternative that maintains all the flavors we love. I completely recommend this book for anyone seeking a healthier and happier lifestyle.

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