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Episodes Now Eat This With RoccoDiSpirito ION Life

Rocco teaches them how to substitute carb and sugar loaded junk food in favor of protein packed meals that are easy to cook and eat on the run. Featuring caprese salad, healthy chicken tenders with honey mustard, and instant chocolate soft serve.

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Now Eat This Diet by Rocco DiSpirito Goodreads

Now Eat This! Rocco DiSpirito As the cover promises, Rocco has revised recipes for 150 favorite American comfort foods so that they contain fewer than 350 calories. The title is expanded on each recipe page to read Now You Can Eat This! Unlike most food (and decorating) books, the introduction is worth reading.

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Rocco DiSpirito Shows Food Network Restaurant

Rocco DiSpirito is an award-winning chef and the author of nine highly acclaimed cookbooks, including back-to-back #1 New York Times best-sellers Now Eat This! and Now Eat This! Diet.

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