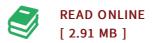




## Now Eat This! Diet: Lose Up to 10 Pounds in Just 2 Weeks Eating 6 Meals a Day!

By Rocco DiSpirito

Little, Brown & Company. Paperback. Book Condition: new. BRAND NEW, Now Eat This! Diet: Lose Up to 10 Pounds in Just 2 Weeks Eating 6 Meals a Day!, Rocco DiSpirito, 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 fast results. Rocco began his quest for better health after a stint as a guest judge on The Biggest Loser when he became inspired to change the caloric content of classic, homestyle dishes on a larger scale. He also began competing in triathlons, including an Ironman 70.3. He later published hit low-cal cookbook Now Eat This! In NOW EAT THIS! DIET, Rocco provides a plan of attack: what you should eat in order to lose ten pounds in a month. With little effort, no deprivation and lots of delicious recipes, readers will drop pounds quickly and easily. All the delicious menus and recipes for breakfast, lunch, dinner, snacks and dessert, will have zero bad carbs, zero bad fats, zero sugar and maximum flavour. With fewer than 350 calories per recipe, readers will enjoy mac and cheese, fetuccine alfredo and chocolate chip cookies on...



## Reviews

If you need to adding benefit, a must buy book. This really is for all who statte that there had not been a well worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Claud Bernhard

It is an remarkable pdf which i have ever go through. Of course, it can be play, nonetheless an interesting and amazing literature. I realized this pdf from my dad and i suggested this book to discover.

-- Dr. Gerda Bergnaum