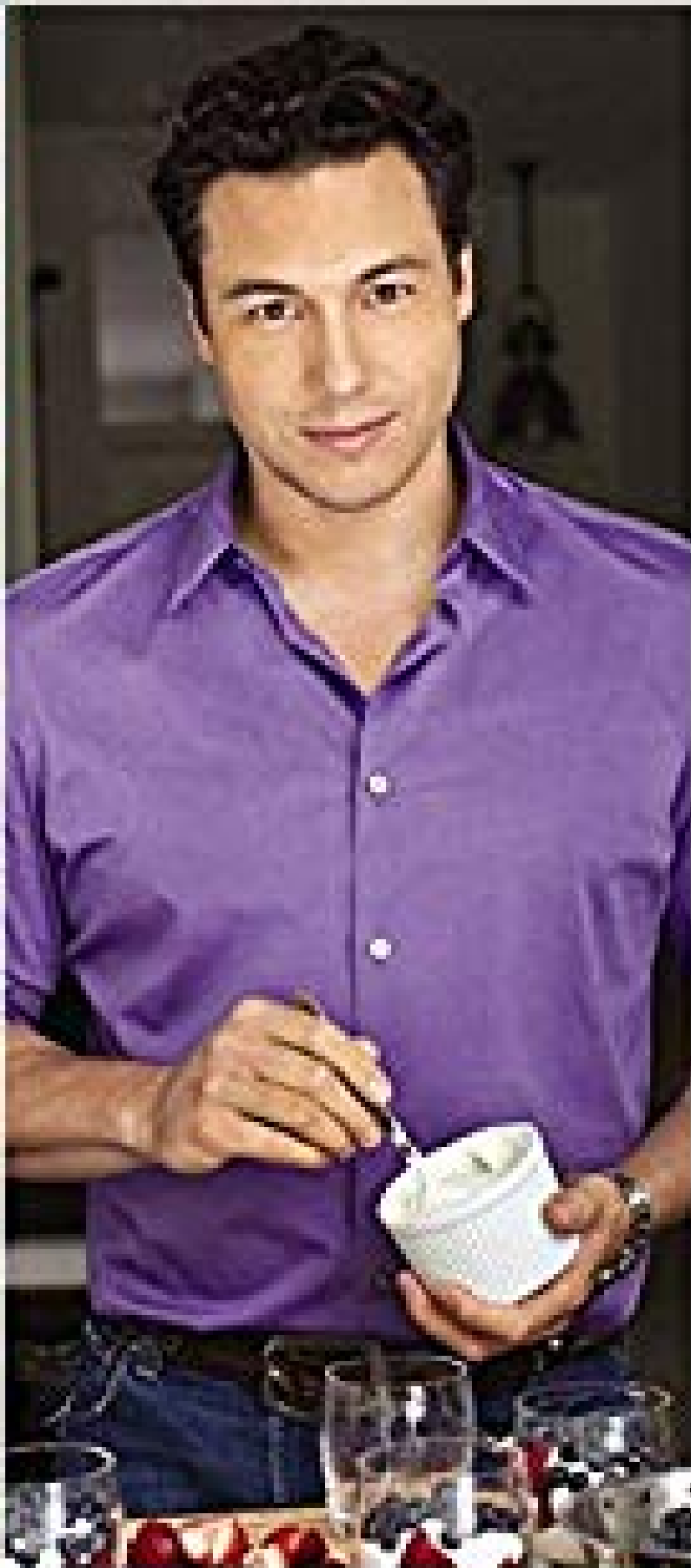


# ROCCO DISPIRITO

#1 New York Times Bestselling  
Author of *Now Eat This! Diet*

# NOW EAT THIS! 100 QUICK CALORIE CUTS



## AT HOME

FLIP  
THIS BOOK

Rocco DiSpirito

Now Eat This! 100 Quick Calorie Cuts at Home / On-the-Go



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In this clever flip-format book from bestselling author and star of Rocco's SOCIAL GATHERING on Bravo, Rocco DiSpirito shows you the basic changes you can make every single day that will help shed pounds-- without sacrificing great-tasting meals. Filled up with simple cooking methods, incredible calorie-reducing secrets, and brand-new meal plans and purchasing lists, this handy guideline can help you enjoy all the dishes you believed you could by no means eat once again-- pizza, fried poultry, waffles, pasta, cookies, and much more! Flip it over and the additional side can help you adhere to your weight-loss regimen if you are eating on-the-go. One aspect of the groundbreaking book demonstrates how to cut calories when cooking at home. With 100 effective ideas for cutting hundreds of calories from all your dishes, this indispensable guide may be the key to successful weight loss.



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rehash from his cookbooks I just got the book and so far am disappointed ... Diet T I actually gave it this rating for the great reviews that were given and the reason why i ordered it. Great book. I would Not need bought this book had I known that!. The cafe hints seem the most beneficial to me so far as I have a tendency to eat out a whole lot. He must eat at better restaurants then I do because I could never get customized meals choices.. I had not been impressed with this publication and do not think it was worth the cash..I always revisit and update an assessment books if I find out they are better i quickly originally think. these books are really difficult to correspond with each other .. Don't like how publication was published. I've ordered his "drop a pound a day" book aswell. But I still say that Rocco is the king of earning foods healthier and lower calorie. I have noticed him on Chris Powell's show, therefore i thought it would be great to possess him to make reference to. I would choose not having to have multiple books.. Not what I expected A little confusing as the book is divided in two and they are upside down from each other. While I am deeply in love with some of his various other books, I didn't discover this one as a lot of a help because it just reiterated items that any dieter and/or healthy eater already knows such as for example, eat whole grain, don't eat fried foods, etc. I'll probably never read it twice. I've not received it yet, and I guess I will wait to observe how that one reads before I purchase any longer of his books. but some useful information. No recipes Was thinking this book would give recipes, but it doesn't. but some useful information. No included recipes.! Four Stars pleased yum. Only down side was the front cover ..!. Only down side was leading cover got two white stickers onto it. these books are extremely tough to correspond with one another it is obvious this is the purpose since only 1 book gives grocery list references and the other has the recipes and calorie count totally complicated with "Now Eat This! Would have given it a five star if it didn't have the stickers that i am trying to eliminate manually. No recipes one of them book! I wish I had read the reviews before I bought this book. just a different version. However the book was in ideal condition. I'd like recipes this is a rehash of his cookbook info. Five Stars Very informative book! I now realize that the recipes derive from two of his other books -- that i do not own. Introduction is 1/2 of book you then have to flip reserve around to get to other portion of book. It is very knowledgable..! It'll refer you to look in their other book for the recipes.! Great book.... I like his display and I hope that there are a lot of tips in the publication. jo



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