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ROCCO

DISPIRITO

**THE
POUND
A DAY
DIET**

**LOSE UP TO 5 POUNDS
IN 5 DAYS BY EATING
THE FOODS YOU LOVE**

WITH A FOREWORD BY JEFFREY A. MORRISON, MD, CNS

Rocco DiSpirito

The Pound a Day Diet: Lose Up to 5 Pounds in 5 Days by Eating the Foods You Love



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THE POUND A DAY DIET can be an accelerated program designed to help dieters get rid of up to five pounds every five days-- without frustrating plateaus-- while enjoying all their favorite foods. Complete with menus for 28 days (four five-day plans and four weekend programs), dieters initial follow the five-day plan, switch over to the weekend plan, return to the five-day arrange for the second week, and continue with the weekend plan-alternating like this because of their goal pounds. a primer on healthy and fast cooking techniques; It rewrites every carb/fat/calorie guideline in the book! To greatly help readers, Rocco has generated 50 all-new lightning-quick 5 ingredient recipes, in addition to ready-made recommendations for those that simply cannot find enough time to cook; This delicious, easy-to-use, plan is certainly specifically developed as a Mediterranean-style diet that is carb and calorie corrected to turbocharge fat burning capacity and weight loss. calorie-calibrated menus and buying lists; and a way of life plan for preserving a lean, healthful body for life.



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An excellent concept, but disappointing I actually was more than prepared to embrace this publication. I had just seen a segment on THE Watch and was impressed with the pounds loss of Sherri Shepard and her spouse.. I do keep in mind that Sherri ensured to include that Rocco supplied and prepared all of the food. After reading the reserve, I today know why. However, Rocco stresses eating real food and in his previous cookbooks a lot of them do possess real meals.. I looked up a few of the substances and check up on Amazon to get some good idea of what a few of the even more exotic items like Monk Fruit in the Raw cost. Therefore yes, this isn't a magic get rid of or a perfect, effortless solution. Most have got artificial sweeteners in them, egg powder, protein powder, shirataki noodles, xanthan gum, psyllium husk powder, etc. I was looking towards making a few of the smoothies, but was stopped in my tracks when I came across the they all had sugar-free instant puddings in them (I avoid artificial sweeteners). As somebody stated in another review, I am the only one that would be on this plan and everything is for 2 to 4 people. This can be a great program for someone whose whole family will be on it, can get all of the ingredients and gets the money to cover it all. A few of the recipes are excellent and I'll certainly make use of adding them to a program that fits my entire life better. Sadly, I will have to continue my search. In order to keep the calorie count accurate, we ranked our favorite meals and then matched them with suitable snacks and desserts that fit within the daily calorie targets. I browse the intro and was getting excited to try the diet program and lose the fat. I bought the book and began reading it immediately. There are very few recipes in this book that I'd say have real food. It might be a wonderful program, but just to prepare to set everything up and to abide by it is overwhelming along with expensive. They don't look like real food to me. Who has these exact things within their pantry?. I don't want to invest a ton of money ordering artificial substances from Amazon just to try a few of these recipes. I have been cutting back again on processed foods and this seems just like a step backwards. A lot of his principles I think are sound however the recipes are mostly terrible. Lost 10 pounds in the first 14 days and am still losing after 2 months. However, the cravings I've got upon this diet were a lot less than any other diet I've been on. I under no circumstances thought I'd have the ability to regularly eat much less than 1000 calories a day and not go crazy. My wife and I tried this diet out as soon as the reserve arrived. You merely can't argue with the results. His ready made substitutes are also items that are not easily available where I live.. I dropped 10 pounds (and a waistline size) within the 1st 14 days. This book completely modified my attitude and method I view my diet plan. I'm not sure if it had been the pounds dropping off, or the dietary balance of the dietary plan (or a combination of both), but I just feel a whole lot healthier and more alert... By the end of the 1st month, I had cooked everything and preparing foods was a whole lot simpler/quicker than my diet plan before this book... specifically for the first week. However, in the event that you browse the diet portion carefully, you'll note that Rocco recommends supplementing with an extra, healthful snack. additionally, there are errors in some of the purchasing lists (which I hope they repair for the second printing)* The cooking is usually (primarily) hard as there are ALOT of new recipes to learn. Example: while the Green Monkey is normally delicious, the prep and clean-up time are astronomically greater than cheese & Swapped expensive ingredients with cheaper ingredients... Our weekly grocery costs was cut in two and our total shopping trip time was down to much less than one hour (plus we could get away with heading to only one store). 5 stars because this book functions. Also, since my target body weight of 250 lb is much larger than the average person, Rocco does declare that the diet isn't optimized for somebody my size. However, since most recipes just involve 4-5 elements, they are actually very easy and quick once you get accustomed to it. For me personally, I added

the broccoli+humus snack every evening and that held my cravings at a manageable level.* After about a week, We started feeling really, really good.Granted, the dietary plan as written in the book isn't easy (at least at first):* The shopping is certainly hard (and expensive) since some of the items are very difficult to find or are only available at ridiculously expensive shops (like Whole Foods) .Once we started the next month, we wrote our own meal plan based on his. 1. Five Stars Great item!... hello Salisbury Steak at least one time weekly.2.) Swapped dishes that we found hard or time-consuming for simpler quality recipes we didn't mind regularly eating.* I still had cravings. apples, or broccoli & humus. We wrote the elements on the trunk and utilize them to quickly develop the grocery list for the week.) Swapped recipes with costly or hard-to-find ingredients with dishes with common/inexpensive ingredients. I cannot think of a specific example as of this second, but this actually made shopping faster and cheaper. it's my very own fault so you can get used to eating huge quantities of bad food.4. But since that's part of any diet plan, I don't keep that against Rocco . Sliced turkey from the deli case can be roughly \$12/lb where we shop, but a roast poultry @ Costco is \$5 and yields roughly 30oz of meat. And frankly, I believe the roast chicken tastes much better. Another example was swapping the mango (in the "rice pudding" for whatever fruit was in-time of year / on-sale).5. As described As described i don't know - too much work didn't read This book really works, This book really works , myself and wife have followed each days arrange for 18 days now and we both have lost 20 pounds One Star Never what they portrayed about the Today display or where ever I saw it. We couldn't look for a small enough bok choy for a half portion of the Turkey Stir-fry recipe, and we hate wasting food. So almost every other week, we make a standard part (which counts as dual if only 2 folks are consuming), and save the various other 2 servings for a night of the week that people both function. The tea is normally another great example (since I find zesting half of a lemon annoying). My partner also will this with several of the lunch time soups and salads as she seems a double portion is about as easy to create as a normal part.6.) Pencil in the proper amounts on each page. My wife took a couple of minutes after we got the book and penciled in the correct ingredient amounts for 2 people. actually ripoff stop it already Goodbye rutabaga (*yeck*) . The foodstuffs looked great, especially the smoothies. My 1st shock was the amazing laundry list of meals needed the first week. granted, we are now eating less range, but identifying our favorite, easy dishes and having them once a week (or twice weekly in the event of left-overs from the double-up trick) makes the dietary plan much less time- and \$\$\$-intensive. I really was disappointed with this book I really was disappointed with this book!3. Furthermore, I was racking your brains on how I was going to have enough area in my pantry and refrigerator for all your elements on his list for the week! But no diet is, and anything worth doing will take some effort. Also, can someone really put a cost tag on getting the health/figure back?In case you are serious about weight loss and revel in cooking, you really need to at least give this a try for 2 weeks. Five Stars Thank you Five Stars Like Roccas Books !) Swapped dishes we hated for recipes we actually enjoyed.) Swapped in dishes that could be doubled. 1. 99 at Barnesandnoble. The major changes we made were:1.99 at Barnesandnoble. It got her less than one hour (converting from fractions of a Tablespoon to Teaspoon is not always obvious), but we don't screw the quality recipes up anymore.



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