



*Rocco DiSpirito and*

**Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and  
Gluten-Free Recipes**



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Turn the kitchen into your gym! Number-one New York Times best seller and superstar chef Rocco DiSpirito helps you stay ahead of your calorie consumption by cooking healthy and delicious meals - all glucose, gluten, and lactose free - designed to burn more calories than they contain! Cardio cooking is a uniquely manufactured kind of cooking formulated to greatly help readers burn calorie consumption and lose fat while they cook. Complete with informative sidebars, suggestions, and tricks to help increase heartrate and physical activity through the cooking process. It includes 75 all-new recipes predicated on foods that are sugar free of charge, dairy free, gluten free of charge, high in prebiotics/probiotics, high in dietary fiber, and supportive of the body's acid-alkaline stability. These delicious, easy-to-follow dishes were examined for calorie articles and calorie burn. Whole foods grown locally and produced at home equal whole body fitness. That is right - for the very first time, Rocco turns dinnertime into workout time, showing how to burn calories immediately in your kitchen. This book offers exactly what dieters need to cook their butts off!



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The fact is this recipe was featured in the Times review, but I thought that since that sounded great, it could make sense to have the reserve to pull on for inspiration and hopefully lose several pounds in the process!!! All photos are pink! One Star Horrible photos.! not what I wanted We spent \$205 for the 1st week, took 3 hours to find everything in the supermarket.!I have not yet been able to try any of the recipes because I really do not have or cannot look for the substances required..! Is Rocco aware or was this an inexpensive way to drive out a publication! Furious!. Why you consult? I followed the recipe exactly and discovered shirataki rice is similar to jellified alien eggs.? Because they're all pink/reddish. Is this a mistake?. He should explained what they are and give a listing of suitable substitutes.Definite thumbs down. I have never seen any cookbook/recipe reserve with completely useless images such as this. I can't realize why the writer would do something such as this. Even dark/white pictures could have been much better than the awful red/pink color. Can anyone do you know what this is an image of?I trust others that the photos are AWFUL and neglect to give any idea of what the finished meals are likely to look like.? Unless you are super wealthy, don't even think about it.. Tomato Salad calls for psyllium husk flakes and egg white powder that have been not onl the shopping list.! Very disappointing for many reasons.? Why would I would like to make any of this food when it looks so awful. Full color photos, please!But the worst type of part is that the shopping list does not includes all of the needed ingredients for every day's menu and the recipes are so complicated and there are simply no instructions on how to prepare each day's meal or ahead of time.. I spent over \$200 and still did not obtain everything on the list. When I got home and started to obtain organized for the week forward, I found that every recipe on Day time One had things that had not been included on the grocery list. The chicken itself - without the other components is excellent! And Wrap with Shrimp &. I would rather make a batch and freeze for later. Unfortunately though, the 14 day plan will be nearly impossible to adapt for a vegetarian or vegan.! But each of them is therefore full of odd things that I am not sure I will ever have the ability to try them out. You can't even tell what food you are considering. Wii fit for meatless eaters. I needed this to work - We was eager to try it.On the positive side: I really do like that the recipes are each first person! I spend an insane period of time entering quality recipes into Sparkpeople (which is associated with my Fitbit) so that I could track my foods. The recipes are for 1 serving; Like many others commented Like many others commented, the crimson and pink printing and photos are repulsive.) Lastly, although I grasp Rocco's stage about the physical activity benefit of cooking food, I am not really a person with enough time capacity to prepare every meal new. I make ahead as much as humanly possible because time is crazy restricted. This book isn't really built for that. He recognizes that point gets restricted, and suggests store-bought replacements, but I'm confident I can select a Lean Cuisine simply by myself. I love the idea of this publication and I hope it functions for others, but it's just not going to function for me, sadly.Added note: Occurred to me belatedly to add this ... the one thing I truly adored about this book was its Fitbit barcodes -- I want all cookbooks and recipe sites would do this. As much lip services as is given to the benefits of reducing meat intake, there are precious few meatless options included. The barcode issue would be a video game changer, and I hope other cookbook authors/publishers catch on. Very unhappy with this purchase Extremely unhappy with this buy. After reading about Rocco DiSpirito's book in last week's NY Times, I made a decision to treat myself to his publication and thanks to Amazon's Prime, received the book with time to make one of is own featured recipes: chicken with glazed eggplant and cauliflower rice.Furious OMG! I have to agree with a few of the various other reviewers that the photos in the book are terrible and hard to comprehend the choice of red beaten up pictures of the food , since it doesn't help to make it appetizing. While my wife and I worked at producing the chicken with the eggplant, I couldn't quite understand how I might have lost pounds while chopping the cloves of garlic! The dinner was unique and delicious so I think you will have some recipes worth producing but I wouldn't rush out and purchase the book for just about any of my friends! Clever Name For A Cookbook, But Not Worth Buying. I've many of his books and like them all! I didn't get any. The pictures are better than the dishes!! Yes all of

them are red, white and blurry and if it is food - please let me know. I will give him credit for the chili-rubbed chicken on page 154.? Nothing you want in the mouth area!! For example, Day One breakfast of Cocoa Crispies demands unsweetened almond milk, stevia, erythitol and puffed brownish rice that have been not on the grocery list.! One Star Unfamiliar ingredients. Use actual rice and you have successful here. For all of those other book - - I would never order it again. I honestly provide it an "F". We love Rocco! All the suggestions about just how many calories it is possible to burn simply by cooking seems a little disjointed and quite frankly quite hokey. Today I spent about 4 hours in my own local Entire Foods trying to get the ingredients for the first week;. How did he get so calorie low Nice recipe entire and fresh but low cal good go to recipes if you don't want to think out your meal intake! I purchased the book to try and get some good new ideas for healthy eating.. That being said, his new book is a complete miss! I simply don't really look after it. I have many of his books and . I also found that the majority of recipes just usually do not appear all that appealing. If that hadn't been a huge obstacle for me, another thing I find somewhat off-putting were the amount of oddball elements that can only just be found online (that is saying something coming from me, as a person who currently has odd things like psyllium husk powder and juniper berries in her pantry. If this isn't a printing processing screw up then your marketing team because of this publisher ought to be fired. I want a refund. Five Stars Great item I was expecting something better just a standard cookbook. I was expecting something better Too expensive So the pages are all pink that i hated. I visited buy the elements from the list supplied for just one person, and I spent almost \$300 for just one week and there had been items which my shop didn't carry so that it would've been even more. It's actually a apple breakfast muffin.! Can't inform what it is from the picture. Ineffective!! In a cookbook! I recognized later at home that I still was lacking ingredients that weren't listed in the grocery list, but were outlined in the quality recipes. I'm not stating there are none -- but it's a small %. I felt silly making a recipe just for 2 corn muffins. The Asian Pork Buns require tamari, monk fruit crystals and refreshing ginger -- none which were on the grocery list. You can find odd ingredients in just about every recipe. like grayscale but crimson. This is a great no nonsense book for breaking bad habits This is a great no non-sense book for breaking negative traits.. Check out "green smoothie" Terrible recipe pictures - they are "red-scale" Thoroughly disappointed with the recipe pictures in this book. Did not make one recipe from publication. I have recommended to several close friends who are gluten and dairy sensitive. I've made it several times. but still an extremely difficult regimen to follow. First i want to say, I love Rocco! Big thumbs down on this book! Yes to Fitbit



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