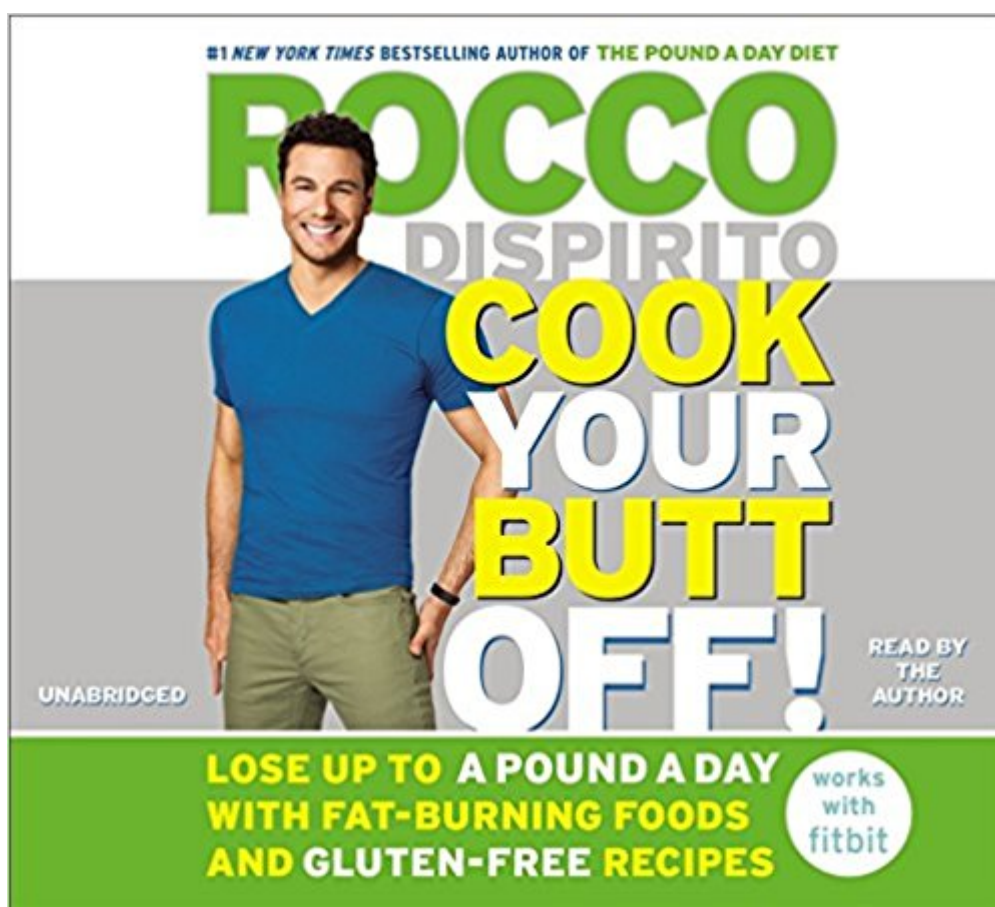


The book was found

Cook Your Butt Off!: Lose Up To A Pound A Day With Fat-Burning Foods And Gluten-Free Recipes



Synopsis

Turn the kitchen into your gym! #1 New York Times bestseller and celebrity chef Rocco DiSpirito helps you stay ahead of your calorie intake by cooking healthy and delicious dishes--all sugar-, gluten-, and lactose-free--designed to burn more calories than they contain! Cardio Cooking is a uniquely engineered type of cooking formulated to help readers burn calories and lose weight while they cook. That's right--for the first time, Rocco turns dinnertime into workout time, showing how to burn calories automatically in the kitchen. These delicious, easy-to-follow recipes were tested for calorie content and calorie burn. It includes 75 all new recipes based on foods that are sugar-free, dairy-free, gluten-free, high in prebiotics/probiotics, high in fiber, and supportive of the body's acid-alkaline balance. Whole foods grown locally and made at home equal whole body fitness. Complete with informative sidebars, tips, and tricks to help increase heart rate and physical activity during the cooking process. This book offers exactly what dieters need to cook their butts off!

Book Information

Audio CD

Publisher: Grand Central Publishing; Unabridged edition (March 31, 2015)

Language: English

ISBN-10: 147893249X

ISBN-13: 978-1478932499

Product Dimensions: 5 x 0.5 x 5.6 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 3.2 out of 5 stars 230 customer reviews

Best Sellers Rank: #1,717,880 in Books (See Top 100 in Books) #80 in Books > Books on CD > Cooking, Food & Wine #549 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #601 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat

Customer Reviews

Rocco DiSpirito entered the Culinary Institute of America at the age of sixteen, and at eighteen began working with legendary chefs worldwide. The James Beard award-winning chef opened the 3-star Union Pacific in New York City where he established his culinary credentials. He was named Food & Wine's Best New Chef and was the first chef to grace the cover of Gourmet as "America's Most Exciting Young Chef". DiSpirito stars in Restaurant Divided on The Food Network. He is the author of ten books, including the New York Times bestselling Now Eat This! Diet and The Pound a Day Diet.

Very disappointing for many reasons. I agree with others that the photos are AWFUL and fail to give any idea of what the finished dishes are supposed to look like. Why would I want to make any of this food when it looks so awful. Full color photos, please! But the worst part is that the shopping list does not include all of the needed ingredients for each day's menu and the recipes are so complicated and there are no instructions on how to prepare each day's meal or ahead of time. Today I spent about 4 hours in my local Whole Foods trying to buy the ingredients for the first week; I spent over \$200 and still did not get everything on the list. Then when I got home and started to get organized for the week ahead, I found that each recipe on Day One had ingredients that had not been included on the shopping list. For example, Day One breakfast of Cocoa Crispies calls for unsweetened almond milk, stevia, erythritol and puffed brown rice which were not on the shopping list. And Wrap with Shrimp & Tomato Salad calls for psyllium husk flakes and egg white powder which were not on the shopping list. The Asian Pork Buns require tamari, monk fruit crystals and fresh ginger -- none of which were on the shopping list. On the positive side: I do like that the recipes are each for just one person! I have not yet been able to try any of the recipes because I do not have or cannot find the ingredients required. But each of them is so full of odd ingredients that I am not sure I will ever be able to try them out. Definite thumbs down.

I wanted this to work - I was eager to try it. Unfortunately though, the 14 day plan would be nearly impossible to adapt for a vegetarian or vegan. As much lip service as is given to the benefits of reducing meat consumption, there are precious few meatless options included. I'm not saying there are none -- but it's a small percentage. If that hadn't been a huge obstacle for me, another thing I find slightly off-putting were the number of oddball ingredients that can only be found online (which is saying something coming from me, as someone who already has odd stuff like psyllium husk powder and juniper berries in her pantry.) Lastly, although I grasp Rocco's point about the physical activity benefit of cooking, I am not a person with the time capacity to prepare every meal fresh. I make ahead as much as humanly possible because time is crazy tight. This book isn't really built for that. He recognizes that time gets tight, and suggests store-bought replacements, but I'm pretty sure I can select a Lean Cuisine all by myself. I love the idea of this book and I hope it works for others, but it's just not going to work 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 wish all cookbooks and recipe sites would do that. I spend an insane amount of time entering recipes into Sparkpeople (which is linked to my Fitbit) so that I can track my meals. The barcode thing would be a game changer, and I

hope other cookbook authors/publishers catch on.

After reading about Rocco DiSpirito's book in last week's New York Times, I decided to treat myself to his book and thanks to 's Prime, received the book in time to make one of his featured recipes: chicken with glazed eggplant and cauliflower rice. The fact is this recipe was featured in the Times review, but I thought that since that sounded great, it would make sense to have the book to draw on for inspiration and hopefully lose a few pounds in the process! I have to agree with some of the other reviewers that the photos in the book are terrible and hard to understand the choice of red washed out pictures of the food , since it doesn't help to make it appetizing. While my wife and I worked at making the chicken with the eggplant, I couldn't quite understand how I might have lost weight while chopping the cloves of garlic! The dinner was unique and tasty so I think there will be some recipes worth making but I wouldn't rush out and buy the book for any of my friends!

This is a great no nonsense book for breaking bad habits... but still a very difficult regimen to follow. I have recommended to several friends who are gluten and dairy sensitive.

Huge fan of Rocco DiSpirito I have all of his cookbooks so I was looking forward to this one . Very good book couldn't wait to get in the kitchen and start cooking . I've recommended this book to my friends and all of his other books. Can't wait for more books and shows to come . Only downside is the pink pictures .

Very unhappy with this purchase. I bought the book to try and get some new ideas for healthy eating. I didn't get any. The pictures are better than the recipes!! Yes they are all 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. I followed the recipe exactly and found out shirataki rice is like jellified alien eggs. Nothing you want in your mouth!! The chicken itself - without the other components is excellent!! I've made it several times. Use real rice and you have a winner here. For the rest of the book - - I would never order it again. I honestly give it an "F".

Rocco's books are always a favorite of mine! I like to cook and eat healthy. His recipes are laid out well. The book doubles as an organizational food tracking diary. The nutritional/educational information is also part of the book. This is so helpful to get comprehensive information when deciding what to cook, stay healthy and the recipes taste great! Try the healthy pulled pork sandwich and the spaghetti with

asparagus, pesto and pecorino romano.Thanks Rocco!

Got fast

[Download to continue reading...](#)

Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes
Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You
The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt
Perfect Curves) Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade
Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS
CRACKED) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free
Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook,
Gluten Intolerance Book 3) Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free
Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat
Free, Cookbook Book 1) Mouthwatering Gluten Free Recipes Slow Cooker Daily Easy Gluten Free
Recipes That Your Family Will Love. (Paleo,Slow Cooker, Diet, Cook Book, Beginners, Low
Carb,Gluten free, Weight loss Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn
Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ...
wheat, detox, grain free, gluten free) My Grain & Brain Gluten-free Slow Cooker Cookbook: 101
Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar,
Low Carb and Wheat-Free Slow Cooker Cookbook The Big Gluten-Free Bread Cookbook Vol. 1:
Feel the Spirit in Your Little Kitchen with 500 Secret Holiday Bread Recipes! (Vegan Gluten Free
Bread, Gluten ... Cookbook,..) (Gluten-Free Bread Territory) Vegan: High Carb Low Fat Vegan
Recipes-Vegan Diet On A Budget (Forks Over Knives,Crockpot,Slowcooker,80/10/10 Diet, Raw Till
4,gluten free,dairy free) ... diet,high protein,low fat,gluten free) Whole: The 30 Day Whole Foods
Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight
(Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) DUKAN DIET:
Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss
Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) How to Get A Bigger Butt In 10
Days: The All Natural Plan to Plumping Your Booty Without Surgery, Dangerous Pills Or Gimmicks
(How to Get A Big Butt, How ... Derriere, Exercises to Get a Bigger Butt) Meal Prep: The Ultimate
Guide For Rapid Fat Loss And Upgrade Your Life: FAT BOOTCAMP-LOSE ONE POUND PER
DAY (Including The Very Best 50+ Weight Loss Recipes)(Ketogenic, Paleo Diet, Low Carb, Keto)
Ketogenic Diet: 4 Weeks To Rapid Weight Loss, Strongest Energy Better Your Life: LOSE UP TO

ONE POUND A DAY(Including The BEST Fat Loss Recipes - FAT BOOTCAMP Gluten-Free Crock Pot Recipes: 50 Sensational Set & Forget Slow Cooker Recipes for a Gluten-Free Diet (Gluten-Free Made Easy) (Volume 2) Bulletproof Diet Cookbook For Beginners: Quick and Easy Recipes and Smoothies to Lose Fat and Increase Energy (Lose Up To A Pound A Day, Reclaim Energy and Focus, End Food Cravings) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! A Gluten Free Thanksgiving: How To Make a Delicious Gluten Free Turkey Dinner That Everyone Will Love (Fast, Easy and Delicious Gluten Free Recipes) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie (2013) Paperback

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)