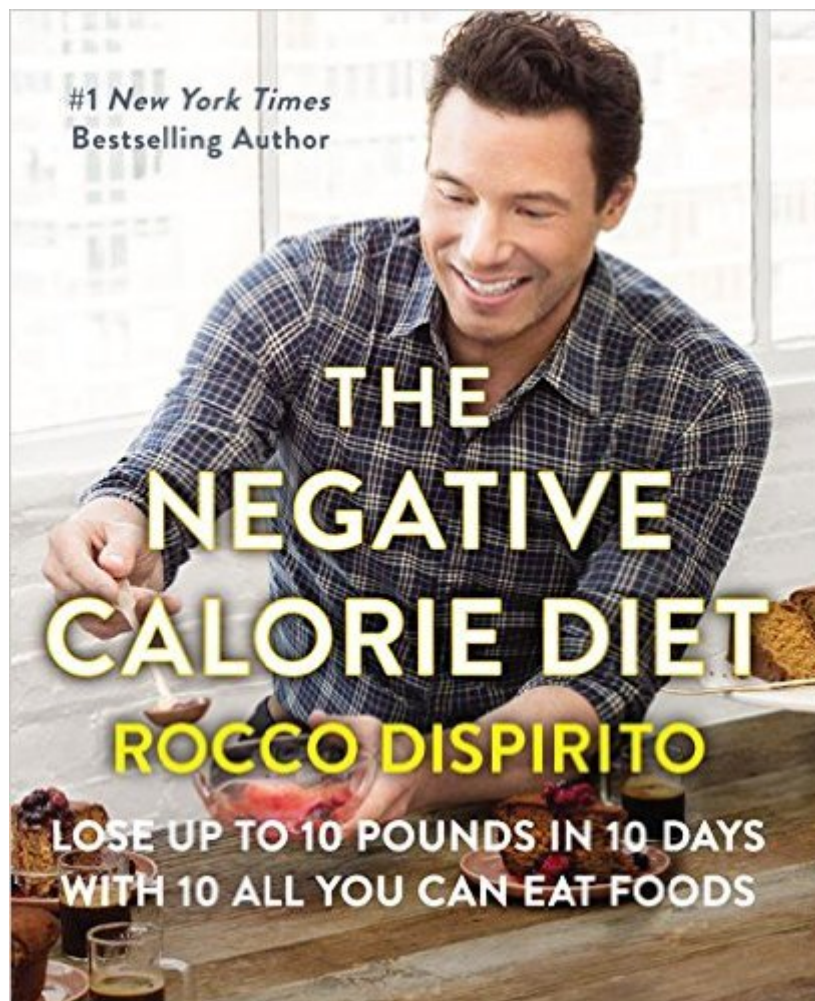


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The Negative Calorie Diet: Lose Up To 10 Pounds In 10 Days With 10 All You Can Eat Foods



Synopsis

The #1 New York Times bestselling author, chef, and healthy living expert Rocco DiSpirito returns with a revolutionary whole foods-based diet plan and cookbook featuring more than seventy-five delicious recipes and 100 color photographs. In *The Negative Calorie Diet*, Rocco DiSpirito shares how simple it is to eat wholesome, delicious foods that naturally support weight loss. He calls these foods "negative calorie foods" "foods that help you to burn body fat, lose weight, and boost your metabolism. These whole foods are packed with fiber, so not only do you tend to eat smaller portions of them naturally, but you also stay fuller, longer. These nutritious superfoods offer the essential vitamins and minerals the body needs to keep your metabolism running efficiently. Some even offer what is known as a "thermogenic effect" "effectively boosting your metabolism to increase the rate at which your body burns energy. And you can eat as much of them as you want! Rocco begins with a ten-day cleanse designed to kick-start weight loss and detox the body, preparing it to reap the benefits of a nutrient-rich, whole foods diet. Next comes the twenty-day meal plan, with step-by-step guidance to help you achieve maximum results. To make it easy, Rocco gives you more than seventy-five recipes for meals, snacks, smoothies, and desserts that use his Top 10 Negative Calorie Foods: almonds, apples, berries, celery, citrus fruits, cruciferous vegetables (such as cauliflower and Brussels sprouts), cucumbers, leafy greens (including Swiss chard, spinach, and kale), mushrooms, and nightshade vegetables, including peppers, tomatoes, eggplant, and more. Complete with grocery shopping lists, troubleshooting FAQs, a guide to dining out, and advice for adapting the plan for kids and families as well as vegetarian, gluten-free, and low-sugar lifestyles, *The Negative Calorie Diet* helps you build healthy habits to lose weight and achieve better health for a lifetime.

Book Information

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Customer Reviews

I bought this to help shed some holiday weight. The 10-day smoothie cleanse sounded like a great way to do it. My husband was eager to try it too. Let me say right off-- I am NOT a dietician or any other health professional. I have, however, educated my self on healthy eating and clean living. First the Positives: The book is beautiful-- full color pictures of all the recipes. For the most part the smoothies and meals are delicious. There are a few that I didn't care for (anything with tomatoes-- maybe if they were in season, I would like them better) Some are dessert-like- and SUPER YUMMY - Strawberry Shortcake, Apple Pie, Blueberry-Mint. Others are VERY Green-- but still good. I lost about 7lbs in 10 days! I will be curious as to how much of that comes back now that I am eating more solid food. What I didn't like so much: Because I work full time, I made all 3 smoothies in the morning and took them to work. Either the Fiber or the protein powder makes them thicken over time and they are hard to re-mix. Once I brought my immersion blender to the office- that helped a lot. They are definitely better made and eaten fresh. (but, a girl's gotta work, right?) The Cost-- this diet is EXPENSIVE... It cost me approx. \$20/per person per day for the 10 days. And several costly ingredients were used very little (Coconut manna- Used @2TBLS from a \$10 20oz jar). 2 of the most costly items were the Protein and fiber power. He recommends Egg protein, I spent \$80 (I did NOT buy Rocco's powder) each recipe calls for 1 scoop. I used 1 scoop for 2 smoothies due to the cost. I could only find the fiber at the health food store. The \$20 bag barely lasted 6 days (and again, I used the recipe amount for 1 smoothie for 2 smoothies) The shopping lists are tricky..

No joke. I have lost 9 1/2 pounds on Rocco's 10-Day Cleanse. My wife (who loosened up on the second half of it), lost 7. We're both elated. If people told us this would happen, we would've laughed in their face. But it happened. And, as I write, we have just embarked on Rocco's 20-Day diet. (I hope to update this post when we complete it; stay tuned). 1. Rocco did not invent the "negative calorie diet." It actually existed in the 1990's, put forth by, from my brief research, someone who appeared to promote a vegan lifestyle. That variation of the diet had been roundly condemned by a majority of dieticians and nutritionists, as well as mocked by those asking if it's their idea of "fun" to eat celery all the time. Rocco seems to have modified the diet so as to cater to omnivores (even red meat eaters), but he does allow a vegetarian version to coexist. 2. The idea

that such a particular diet can cause one to lose so much weight under such a small time frame, has been often touted by con-artists and charlatons touting their favorite chemically-induced mystery-liquid or pill, often at a premium price. In this case, one cannot disregard the approach, as you are responsible for every single ingredient going in.³ Rocco is a chef first, health-guru second. This isn't to disparage his health food advancements, which he has been working hard at for nearly a decade now. It's more to highlight that if the recipe doesn't taste good, it doesn't go in the book. THERE IS NOT A BAD RECIPE IN THE BOOK (at least, of all the recipes used in the 10-day cleanse).⁴ This is going to sound strange, but I will say it: most of the recipes are easy-to-moderate to make as well. You do not need to be a stellar chef to make these.

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