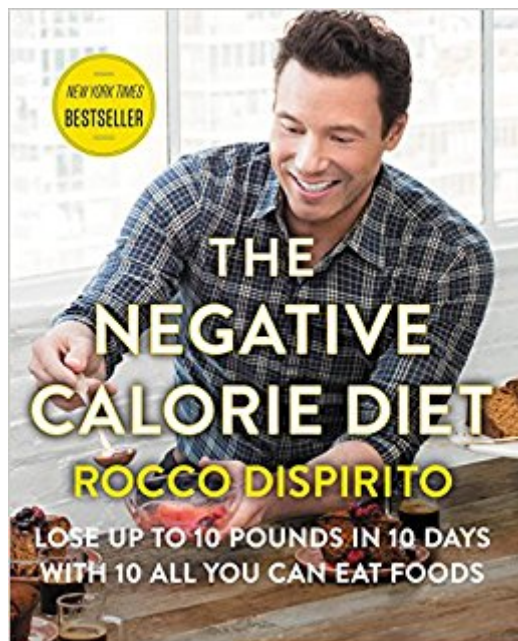




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# The Negative Calorie Diet: Lose Up To 10 Pounds In 10 Days With 10 All You Can Eat Foods



## 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

Hardcover: 288 pages

Publisher: Harper Wave; FIRST US EDITION edition (December 29, 2015)

Language: English

ISBN-10: 0062378139

ISBN-13: 978-0062378132

Product Dimensions: 7.5 x 1.1 x 9.2 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 554 customer reviews

Best Sellers Rank: #10,107 in Books (See Top 100 in Books) #56 in Books > Cookbooks,

Food & Wine > Special Diet > Weight Loss #110 in [Amazon Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#) #211 in [Amazon Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

"I've always been a fan of Rocco's simple, delicious and figure friendly recipes. This book speaks to people who love both eating clean and hearty!" (Chrissy Teigen, Author of *Cravings* and co-host of *The Fab Life*) "Rocco's whole food / no calorie counting approach to meal planning, delivers dramatic transformational results that I've personally witnessed. Over the years, we've collaborated on patients' care...And, all the patients find the food delicious!" (Dr. Jeffrey A. Morrison M.D., Founder of The Morrison Center and acclaimed Weight Loss Expert and Practitioner Of Integrative Medicine) "Finally I can have my cake and eat it too! Rocco's whole foods approach to weight loss is smart and satisfying. When you follow his plan, you never feel like you're on a diet." (Stacy London, bestselling author and contributor to *The View*) "Rocco's way of eating is all about real food, real fuel, real results. Do not be afraid. You will never go hungry on this plan!" (Daymond John, Entrepreneur and co-Star of *Shark Tank*)

EAT REAL FOOD. LOSE MORE WEIGHT . . . FASTER. Most diets are about one thing: restricting calories. And while it's true that cutting calories can be a component of weight loss, not all calories are created equal. The secret to fast, lasting weight loss isn't how much you eat • it's what you eat. Eating high-quality, whole foods causes the body to burn fat and lose weight, while eating low-quality, processed foods causes the body to store fat and gain weight. A diet rich in real, unprocessed foods is a satisfying way to lose weight for people who love to eat. • Because not only does it offer the vitamins and nutrients your body needs to fuel your metabolism, it also allows you to eat unlimited quantities of delicious, satisfying foods. Some whole foods even offer what is known as a "thermogenic effect" • boosting the rate at which your body burns calories. In short: eating the right foods can have a negative calorie effect! In *The Negative Calorie Diet*, #1 New York Times bestselling author, chef, and healthy-living expert Rocco DiSpirito identifies the top ten negative calorie foods for rapid weight loss and offers mouth-watering recipes for making negative calorie meals at home. Complete with a weight-loss kickoff cleanse, which includes easy and filling smoothies; recipes for breakfast, lunch, dinner,

snacks, and desserts; meal plans; grocery shopping lists; and even a guide to dining out, The Negative Calorie Diet will help readers lose up to ten pounds in ten days—and build healthy habits that will last a lifetime. So go ahead—enjoy your favorite pasta, steak, and even cake by swapping in the ten negative calorie foods that will ramp up your metabolism and speed up your weight loss. It's that easy! No calorie counting required—just plenty of real food to get real results.

"I love Rocco's approach to eating and weight control. It's all about eating the right foods, not about restricting food. This is a diet book for food lovers!"

—Chrissy Teigen, author of *Crave* and cohost of *The Fab Life*

"Rocco's whole-foods approach to weight loss is smart and satisfying. When you follow his plan, you never feel like you're on a diet."

—Stacy London, bestselling author and contributor to *The View*

"Rocco's way of eating is all about real food, real fuel, real results. do not be afraid. You will never go hungry on this plan!"

—Daymond John, Entrepreneur and CoStar of *Shark Tank*

"Rocco's whole-food, no-calorie-counting approach is transformational. Over the years, we've collaborated on my patients' care, and they see amazing results quickly and safely. And they love the food!"

—Jeffrey Morrison, MD, Nutrition Specialist, Weight-Loss Expert, and Founder of the Morrison Center

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.. The ingredients you will need for the smoothies are for 1 person, but the ingredients you need for the meals are for 4 people. So if you are going to do this diet for 2 people, you need to double the smoothie ingredients and halve the meal ingredients.The no coffee was tough, but I eventually got used to drinking the water to wake myself up and Aleve helped with the caffeine withdrawal headaches!After the first few days I was not super hungry, but my husband was ALWAYS hungry. Unless I am missing something, the calorie count is about 850-950 per day... He says somewhere in the book to exercise an hour a day... I did not have enough gas in my tank to do more than @30 min at the gym.I looked at the first day of the 20 day plan which follows the 10 day cleanse. The total calorie count for that first day is under 700 calories! So unless he is figuring his calories in some weird way (which he does not explain, at least I couldn't find an explanation) that is not enough calories for an adult, in my opinion.So for me, Following the cleanse, I will definitely use this as a recipe book rather than a diet book. And I will try and include as many of his "negative calorie" foods as possible... good thing I like all of them!

Brilliant! After losing 70 pounds on Rocco's Pound A Day diet, I anxiously awaited the release of the new book. Well, it did not disappoint. My biggest fear after losing 70 pounds was handling the nervous and boredom eating habits I have developed over the years. Rocco introduces the reader to delicious and healthy foods to eat when snacking. I wonder why it has taken so long for a chef to enter the world of nutrition, diet and overall healthy eating. Everything Rocco DiSpirito presents is not only healthy, but delicious. Thank you Rocco for turning my life around! My blood pressure is now normal, I have more energy and feel that I am more focused. The new book, The Negative Calorie Diet, is actually easier to read and follow than the Pound A Day Diet book.

I can't say enough good things about this book; I had already lost 40 lbs. when I heard Rocco's interview on the Frank DeCaro show. I immediately ordered the book; it's the icing on the cake for my already successful weight loss. I have not felt a need to follow his laid out program day by day which would probably be fine for some. I love the recipes; the smoothies are the best I have ever tasted and every salad and entrée recipe I have tried so far, has been a great success. Rocco's comments in colored lettering accompanying each recipe are great; he inserts so much valuable knowledge about food in general, even advising how to eat meals out at restaurants, if you must.

His narrative/advice sections in the front and in the rear of the book are terrific. The smoothie recipes work fine in the bullet smoothie maker; one word of advice: follow his recipes to the letter and don't vary them. Some of the ingredients are hard to find but they are out there; and once you've made the investment in some of the ingredients, it's also a money saver. I'm ordering two more copies of this book for relatives.

Nice book...but I'd go broke buying the needed ingredients!

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