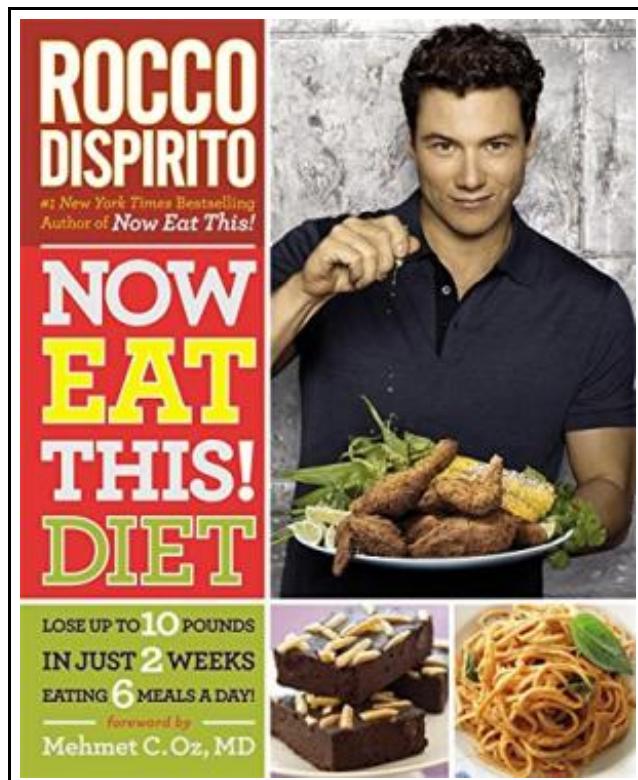


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Little, Brown & Company. Paperback. Book Condition: new. BRAND NEW, Now Eat This! Diet: Lose Up to 10 Pounds in Just 2 Weeks Eating 6 Meals a Day!, Rocco DiSpirito, On the heels of the bestselling success of his low-calorie Now Eat This! cookbook, Rocco DiSpirito expands his brand with a weight loss program guaranteed to produce fast results. Rocco began his quest for better health after a stint as a guest judge on The Biggest Loser when he became inspired to change the caloric content of classic, homestyle dishes on a larger scale. He also began competing in triathlons, including an Ironman 70.3. He later published hit low-cal cookbook Now Eat This! In NOW EAT THIS! DIET, Rocco provides a plan of attack: what you should eat in order to lose ten pounds in a month. With little effort, no deprivation and lots of delicious recipes, readers will drop pounds quickly and easily. All the delicious menus and recipes for breakfast, lunch, dinner, snacks and dessert, will have zero bad carbs, zero bad fats, zero sugar and maximum flavour. With fewer than 350 calories per recipe, readers will enjoy mac and cheese, fettuccine alfredo and chocolate chip cookies on NOW EAT THIS! DIET and still lose weight.



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