

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

By Rocco DiSpirito

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

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!

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Editorial Review

About the Author
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*.

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