



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

By Rocco DiSpirito



Download



Read Online



Get Print Book

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!



[Download Cook Your Butt Off!: Lose Up to a Pound a Day with ...pdf](#)



[Read Online Cook Your Butt Off!: Lose Up to a Pound a Day wi ...pdf](#)

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

By Rocco DiSpirito

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!

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

- Sales Rank: #69732 in Books
- Brand: Rocco DiSpirito
- Published on: 2015-02-17
- Released on: 2015-02-17
- Original language: English
- Number of items: 1
- Dimensions: 9.75" h x 1.00" w x 8.00" l, 1.20 pounds
- Binding: Hardcover
- 272 pages

 [Download Cook Your Butt Off!: Lose Up to a Pound a Day with ...pdf](#)

 [Read Online Cook Your Butt Off!: Lose Up to a Pound a Day wi ...pdf](#)

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

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*.

Users Review

From reader reviews:

Karla Walker:

The actual book *Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes* will bring you to the new experience of reading any book. The author style to clarify the idea is very unique. In case you try to find new book to learn, this book very appropriate to you. The book *Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes* is much recommended to you to see. You can also get the e-book from official web site, so you can more readily to read the book.

Thomas Brown:

The e-book untitled *Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes* is the publication that recommended to you to read. You can see the quality of the book content that will be shown to an individual. The language that writer use to explained their way of doing something is easily to understand. The writer was did a lot of exploration when write the book, and so the information that they share for your requirements is absolutely accurate. You also can get the e-book of *Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes* from the publisher to make you more enjoy free time.

Lisa Loo:

Your reading 6th sense will not betray a person, why because this *Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes* reserve written by well-known writer we are excited for well how to make book that can be understand by anyone who all read the book. Written within good manner for you, dripping every ideas and publishing skill only for eliminate your hunger then you still skepticism *Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes* as good book but not only by the cover but also by the content. This is one e-book that can break don't ascertain book by its include, so do you still needing one more sixth sense to pick this specific!? Oh come on your looking at sixth sense already alerted you so why you have to listening to an additional sixth

sense.

Tonya Quick:

Many people spending their period by playing outside with friends, fun activity together with family or just watching TV all day long. You can have new activity to shell out your whole day by studying a book. Ugh, ya think reading a book will surely hard because you have to use the book everywhere? It fine you can have the e-book, bringing everywhere you want in your Mobile phone. Like Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes which is getting the e-book version. So , why not try out this book? Let's observe.

Download and Read Online Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes By Rocco DiSpirito #WNVJKQ6AB7H

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

Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes By Rocco DiSpirito Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes By Rocco DiSpirito books to read online.

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

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

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

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