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# The Negative Calorie Diet: Lose Up to 10 Pounds in 10 Days with 10 All You Can Eat Foods

By Rocco DiSpirito



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**The Negative Calorie Diet: Lose Up to 10 Pounds in 10 Days with 10 All You Can Eat Foods** By Rocco DiSpirito

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.



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### Editorial Review

#### Review

“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*)

From the Back Cover

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

#### About the Author

Rocco DiSpirito is a James Beard Award–winning celebrity chef and the author of eleven highly acclaimed books and three #1 *New York Times* bestsellers, including *The Pound a Day Diet*. Rocco has starred on numerous television shows and is frequently featured as a food and weight-loss expert in print and online media. He is the founder of the Pound a Day Diet fresh food delivery service and personally cooks for and coaches hundreds of clients to wellness as a passionate health advocate. He lives in New York City.

## Users Review

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#### Mary Bunnell:

This *The Negative Calorie Diet: Lose Up to 10 Pounds in 10 Days with 10 All You Can Eat Foods* book is not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is actually information inside this publication incredible fresh, you will get information which is getting deeper a person read a lot of information you will get. That *The Negative Calorie Diet: Lose Up to 10 Pounds in 10 Days with 10 All You Can Eat Foods* without we comprehend teach the one who reading it become critical in considering and analyzing. Don't end up being worry *The Negative Calorie Diet: Lose Up to 10 Pounds in 10 Days with 10 All You Can Eat Foods* can bring once you are and not make your bag space or bookshelves' come to be full because you can have it in your lovely laptop even telephone. This *The*

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**Paul Ring:**

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