



# Now Eat This! Diet & Now Eat This! 100 Quick Calorie Cuts At Home / On-the-Go

*Rocco DiSpirito*

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**Now Eat This! Diet & Now Eat This! 100 Quick Calorie Cuts At Home / On-the-Go** Rocco DiSpirito  
Award-winning celebrity chef Rocco DiSpirito changed his life and his health-without giving up the foods he loves or the flavor. In the #1 *New York Times* bestselling **NOW EAT THIS! DIET**, complete with a foreword by Dr. Mehmet Oz, Rocco offers readers a revolutionary 2-week program for dropping 10 pounds quickly, with little effort, no deprivation, and while still eating 6 meals a day and the dishes they crave: mac & cheese, meatloaf, BBQ pork chops, and chocolate malted milk shakes. The secret? Rocco's unique meal plans and his 75 recipes for breakfast, lunch, dinner, dessert, and snack time, all with zero bad carbs, zero bad fats, zero sugar, and maximum flavor.

In the companion book, **NOW EAT THIS! 100 QUICK CALORIE CUTS**, Rocco explains what he does to reduce the calories in recipes without compromising flavor-the tricks of the trade behind the low-calorie recipes he develops. Using a unique flip format, he shows readers how to remove 100 calories from any dish-- whether at home or on-the-go-- offering tips on various substitutions so that readers can learn to adapt recipes themselves to reduce calories.

Now, both books are available, packaged together at a special discount price. For your ease and convenience in following the NOW EAT THIS! program, pick up your combo pack today!

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