



Now Eat This! 100 Quick Calorie Cuts at Home / On-the-Go

Rocco DiSpirito

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In this clever flip-format book from bestselling author and star of *Rocco's Dinner Party* on Bravo, Rocco DiSpirito shows you the simple changes you can make every day that will help you shed pounds-- without sacrificing great-tasting meals. With 100 effective tips for cutting hundreds of calories from all your dishes, this indispensable guide is the key to successful weight loss. One side of this groundbreaking book shows you how to cut calories when cooking at home. Flip it over and the other side helps you stick to your weight-loss regimen when you're eating on-the-go.

Filled with simple cooking tricks, incredible calorie-reducing secrets, and new meal plans and shopping lists, this handy guide will help you enjoy all the dishes you thought you could never eat again-- pizza, fried chicken, waffles, pasta, cookies, and much more!

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