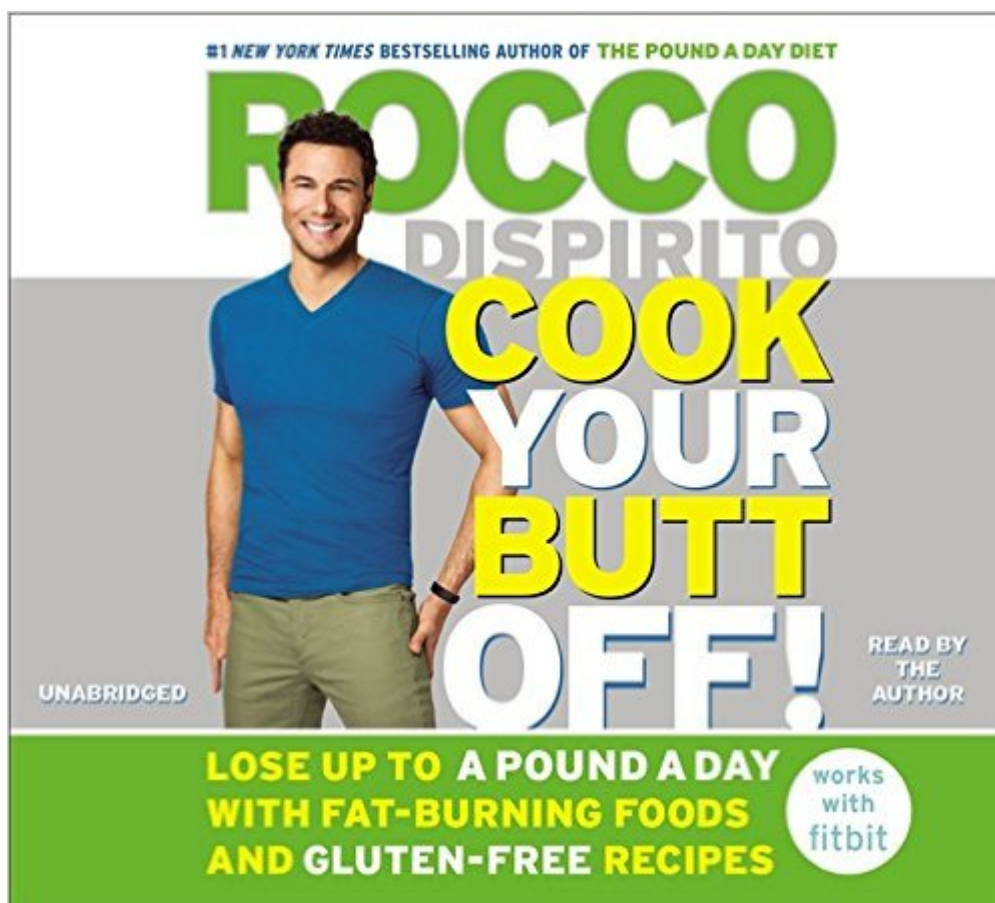


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# Cook Your Butt Off!: Lose Up To A Pound A Day With Fat-Burning Foods And Gluten-Free Recipes



## Synopsis

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!

## Book Information

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## Customer Reviews

Very disappointing for many reasons.I agree with others that the photos are AWFUL and fail to give any idea of what the finished dishes are supposed to look like. Why would I want to make any of this food when it looks so awful. Full color photos, please!But the worst part is that the shopping list does not includes all of the needed ingredients for each day's menu and the recipes are so complicated and there are no instructions on how to prepare each day's meal or ahead of time.Today I spent about 4 hours in my local Whole Foods trying to buy the ingredients for the first week; I spent over \$200 and still did not get everything on the list. Then when I got home and

started to get organized for the week ahead, I found that each recipe on Day One had ingredients that had not been included on the shopping list. For example, Day One breakfast of Cocoa Crispies calls for unsweetened almond milk, stevia, erythritol and puffed brown rice which were not on the shopping list. And Wrap with Shrimp & Tomato Salad calls for psyllium husk flakes and egg white powder which were not on the shopping list. The Asian Pork Buns require tamari, monk fruit crystals and fresh ginger -- none of which were on the shopping list. On the positive side: I do like that the recipes are each for just one person! I have not yet been able to try any of the recipes because I do not have or cannot find the ingredients required. But each of them is so full of odd ingredients that I am not sure I will ever be able to try them out. Definite thumbs down.

We think your recipe ideas are great, but the photos of the visual outcomes (printed in shades of pink, presumably to save printing costs) do not match the quality and thought that seems to have been put into everything else.

I was so excited to get this book but it is very disappointing. As previous reviewers have stated, all of the photos are pink. If this is on purpose it is a really stupid concept. It makes the food look unappealing. I am calling today to tell them that this book is defective. It would be nice if the publisher chimed in at some time to tell us if this is intentional or a publishing error.

Like the last reviewer, the pictures in the kindle edition are a orange/red hue And look very unappetizing. Weird ingredients in the recipes too. (Baby food prunes, gluten free, reduced sodium tamari, monk fruit crystals, shirataki rice and noodles...etc)

Over the past few years, Rocco has been part of a healthy eating initiative that has helped changed the way my wife and I think about and cook food. We have purchased several of his books in an effort to become healthier and found that we truly love the recipes. We were therefore excited to hear of his newest release, Cook Your Butt Off. Once again, Rocco has successfully managed to combine healthy and delicious. However, this book has an added bonus. Rocco incorporated the Fitbit and outlines how many calories are burned while preparing his recipes. I have to admit, I was a little skeptical when seeing some of the numbers, but tried a few recipes and it is very accurate! A few of his dishes, such as the Banana Yogurt, actually contain fewer calories than what you burn making it. Overall, Cook Your Butt Off is a great guide to eating healthy. It is not one of those cookbooks with beautiful pictures which many of us keep on the coffee table. Instead, it is more

educational and packed with healthy and (from what I have tried) delicious recipes.

Thoroughly disappointed with the recipe pictures in this book. Why you ask??? Because they are all pink/red...like grayscale but red. You can't even tell what food you are looking at. I have never seen any cookbook/recipe book with completely useless pictures like this. I can't understand why the author would do something like this. Even black/white pictures would have been better than the awful red/pink color. Can anyone guess what this is a picture of??? It's actually a apple breakfast muffin...

OMG!!! All pictures are pink!!! In a cookbook!!! Is this a mistake?! Is Rocco aware or was this a cheap way to push out a book! Furious! Check out "green smoothie"

Like many others commented, the red and pink print and photos are repulsive. If this is not a print processing screw up then the marketing team for this publisher should be fired. I want a refund.

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