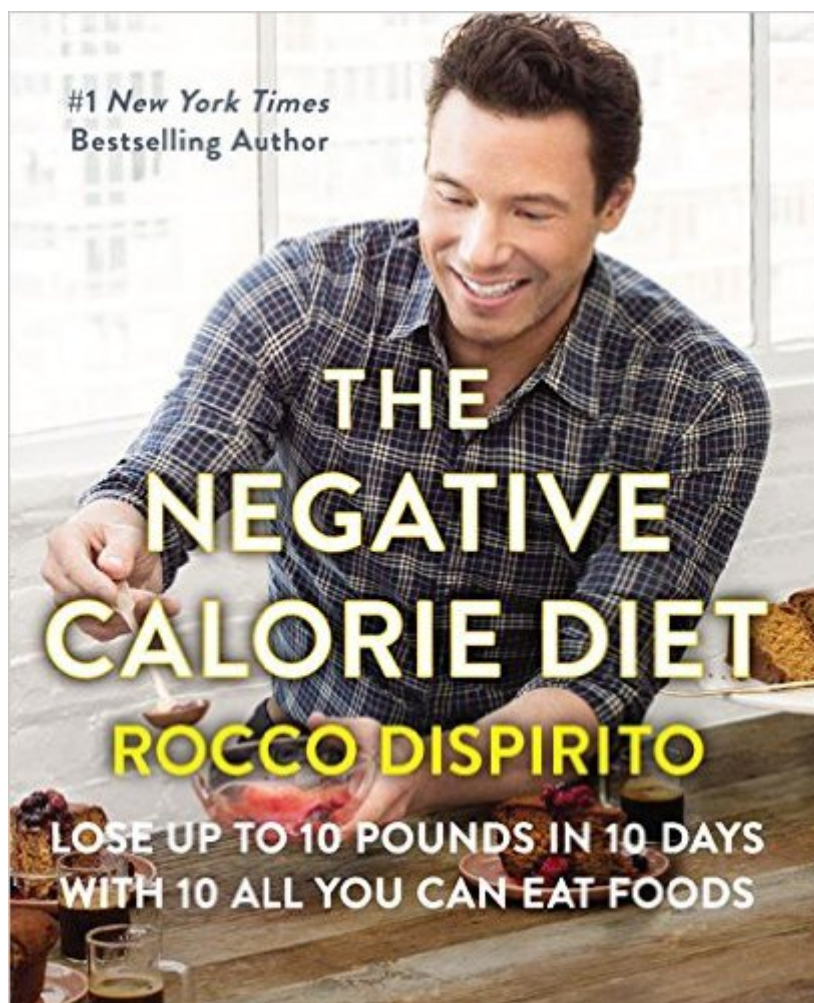


The book was found

# The Negative Calorie Diet: Lose Up To 10 Pounds In 10 Days With 10 All You Can Eat Foods



## Synopsis

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.

## Book Information

Hardcover: 288 pages

Publisher: Harper Wave; FIRST US EDITION edition (December 29, 2015)

Language: English

ISBN-10: 0062378139

ISBN-13: 978-0062378132

Product Dimensions: 7.5 x 1.1 x 9.2 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (439 customer reviews)

Best Sellers Rank: #2,062 in Books (See Top 100 in Books) #15 in [Books > Cookbooks, Food &](#)

Wine > Special Diet > Weight Loss #37 in [Books](#) > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #69 in [Books](#) > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

I bought this to help shed some holiday weight. The 10-day smoothie cleanse sounded like a great way to do it. My husband was eager to try it too. Let me say right off-- I am NOT a dietician or any other health professional. I have, however, educated my self on healthy eating and clean living. First the Positives: The book is beautiful-- full color pictures of all the recipes. For the most part the smoothies and meals are delicious. There are a few that I didn't care for (anything with tomatoes-- maybe if they were in season, I would like them better) Some are dessert-like- and SUPER YUMMY - Strawberry Shortcake, Apple Pie, Blueberry-Mint. Others are VERY Green-- but still good. I lost about 7lbs in 10 days! I will be curious as to how much of that comes back now that I am eating more solid food. What I didn't like so much: Because I work full time, I made all 3 smoothies in the morning and took them to work. Either the Fiber or the protein powder makes them thicken over time and they are hard to re-mix. Once I brought my immersion blender to the office- that helped a lot. They are definitely better made and eaten fresh. (but, a girl's gotta work, right?) The Cost-- this diet is EXPENSIVE... It cost me approx. \$20/per person per day for the 10 days. And several costly ingredients were used very little (Coconut manna- Used @2TBLS from a \$10 20oz jar). 2 of the most costly items were the Protein and fiber power. He recommends Egg protein, I spent \$80 (I did NOT buy Rocco's powder) each recipe calls for 1 scoop. I used 1 scoop for 2 smoothies due to the cost. I could only find the fiber at the health food store. The \$20 bag barely lasted 6 days (and again, I used the recipe amount for 1 smoothie for 2 smoothies) The shopping lists are tricky..

No joke. I have lost 9 1/2 pounds on Rocco's 10-Day Cleanse. My wife (who loosened up on the second half of it), lost 7. We're both elated. If people told us this would happen, we would've laughed in their face. But it happened. And, as I write, we have just embarked on Rocco's 20-Day diet. (I hope to update this post when we complete it; stay tuned). 1. Rocco did not invent the "negative calorie diet." It actually existed in the 1990's, put forth by, from my brief research, someone who appeared to promote a vegan lifestyle. That variation of the diet had been roundly condemned by a majority of dieticians and nutritionists, as well as mocked by those asking if it's their idea of "fun" to eat celery all the time. Rocco seems to have modified the diet so as to cater to omnivores (even red meat eaters), but he does allow a vegetarian version to coexist. 2. The idea

that such a particular diet can cause one to lose so much weight under such a small time frame, has been often touted by con-artists and charlatons touting their favorite chemically-induced mystery-liquid or pill, often at a premium price. In this case, one cannot disregard the approach, as you are responsible for every single ingredient going in.<sup>3</sup> Rocco is a chef first, health-guru second. This isn't to disparage his health food advancements, which he has been working hard at for nearly a decade now. It's more to highlight that if the recipe doesn't taste good, it doesn't go in the book. THERE IS NOT A BAD RECIPE IN THE BOOK (at least, of all the recipes used in the 10-day cleanse).<sup>4</sup> This is going to sound strange, but I will say it: most of the recipes are easy-to-moderate to make as well. You do not need to be a stellar chef to make these.

[Download to continue reading...](#)

Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) The Negative Calorie Diet: Lose Up to 10 Pounds in 10 Days with 10 All You Can Eat Foods Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss) Foods That Cause You to Lose Weight: The Negative Calorie Effect Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, paleo ... carb, low carb diet, weight loss Book 1) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know

(ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) The Eat This, Not That! No-Diet Diet: Thousands of simple food swaps that can save you 10, 20, 30 pounds--or more! Ketosis: Keto: Ketogenic Diet: 21 Day NO BS Step by Step Challenge to Lose 10 Pounds: Achieve Optimal Ketosis (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) Diverticulitis Diet Plan: A Diverticulitis Diet Plan with Foods to Avoid, the Best Foods to Eat and an Effective Diet for Treatment Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners

[Dmca](#)