



Now Eat This! 100 Quick Calorie Cuts

Rocco DiSpirito



First there was Now Eat This! Then there was the Now Eat This! Diet. Now, there's the ultimate companion book to help readers lose weight and keep it off: NOW EAT THIS! QUICK CALORIE SOLUTIONS. In this book, Rocco DiSpirito 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. He shows readers how to remove 100 calories from any dish, any time, offering tips on various substitutions so that readers can learn to adapt recipes themselves to reduce calories. He even shows you how to reduce the caloric content of your favorite restaurant foods for example, omitting cheese from your Double Whopper or ordering skim milk with only one squirt of flavoring in your Starbucks coffee. NOW EAT THIS! QUICK CALORIE SOLUTIONS is the perfect complement to the Now Eat This! Diet and cookbook, and also includes calorie saving shopping and cooking tips.

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