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# Now Eat This! Diet

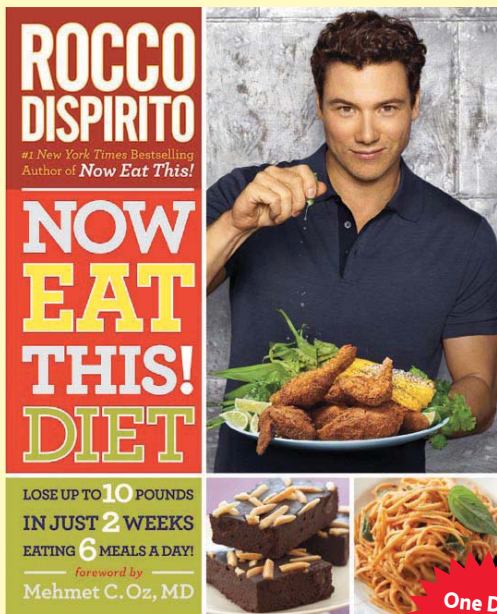
ROCCO DISPIRITO

FOREWORD BY MEHMET C. OZ, MD

#1 *New York Times* bestselling celebrity chef Rocco DiSpirito expands his Now Eat This! brand with a new diet book that makes weight loss easy—and delicious.

On the heels of the bestselling success of his low-calorie *Now Eat This!* cookbook, Rocco DiSpirito expands his brand with a weight-loss program guaranteed to produce maximum results with minimum effort.

Award-winning celebrity chef Rocco DiSpirito changed his life and his health—without giving up the foods he loves or the flavor. He has lost more than 20 pounds, participated in dozens of triathlons, and—after an inspirational role as a guest chef on *The Biggest Loser*—changed his own diet and the caloric content of classic dishes on a larger scale. In his NOW EAT THIS! DIET, DiSpirito offers readers a revolutionary 2-week program for dropping 10 pounds quickly, with little effort, no deprivation, and while still eating six meals a day and the dishes they crave, like mac & cheese, meatballs, 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. Now readers can eat more and weigh less—it's never been so easy!



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