



## Cook Your Butt off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes

By Rocco DiSpirito

Little, Brown Company, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 140 x 124 mm. Language: English . Brand New. 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 fibre, 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!.



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### Reviews

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-- **Randal Reinger**

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