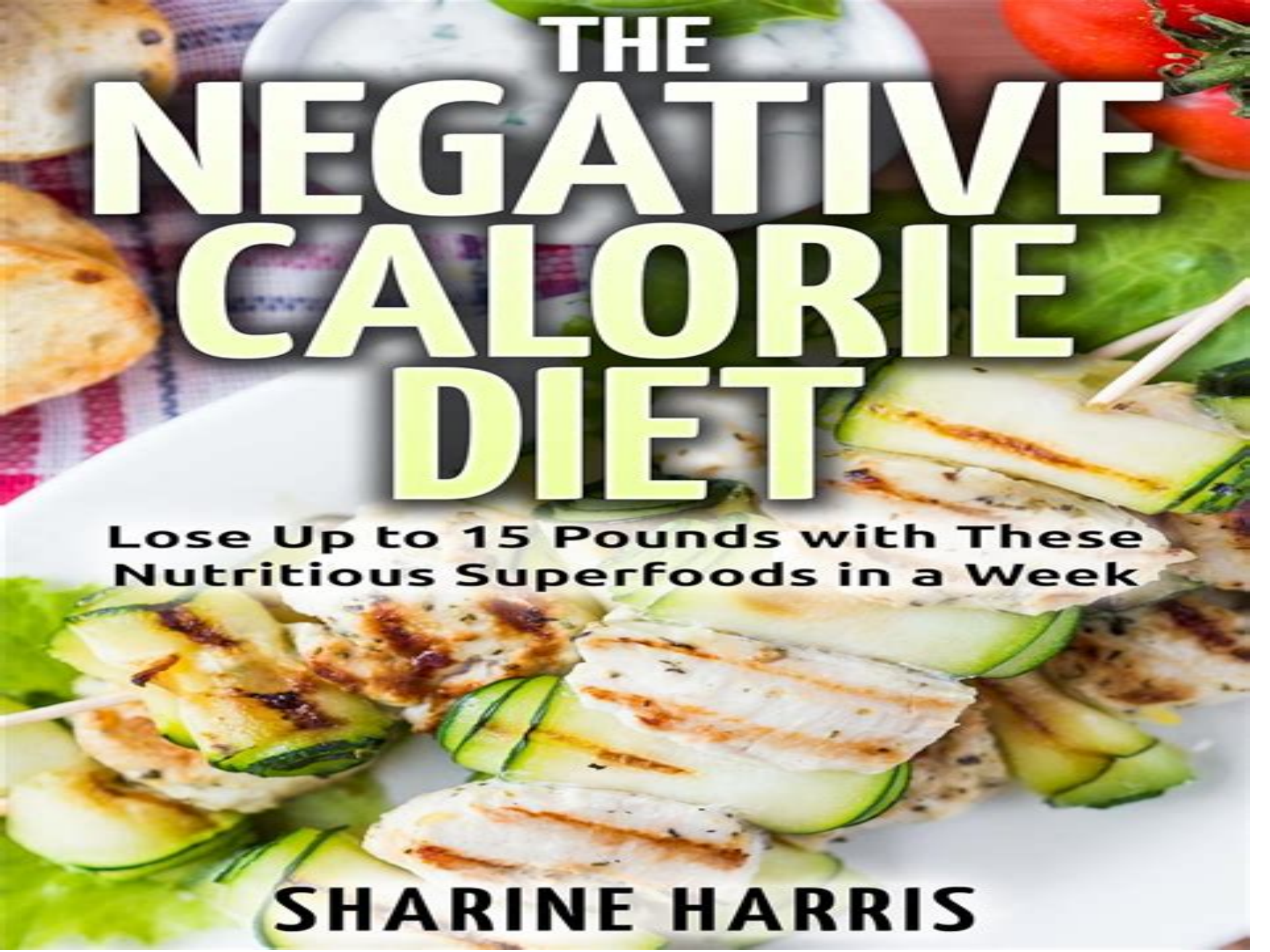


The background of the entire image is a close-up photograph of a white plate. On the plate are several skewers of grilled chicken, each topped with a slice of zucchini. In the upper right corner, there are some cherry tomatoes. The lighting is bright, highlighting the textures of the food.

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The Negative Calorie Diet Rocco DiSpirito, 2015-12-29 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

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