



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

*Rocco DiSpirito*

[Download now](#)

[Read Online ➔](#)

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

Rocco DiSpirito

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

Rocco DiSpirito

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 fiber, 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!

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

Date : Published February 17th 2015 by Grand Central Life & Style

ISBN : 9781455583522

Author : Rocco DiSpirito

Format : Hardcover 272 pages

Genre : Food and Drink, Cookbooks, Cooking, Nonfiction, Health, Food, Nutrition



[Download Cook Your Butt Off!: Lose Up to a Pound a Day with Fat- ...pdf](#)



[Read Online Cook Your Butt Off!: Lose Up to a Pound a Day with Fa ...pdf](#)

**Download and Read Free Online Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes Rocco DiSpirito**

# **From Reader Review Cook Your Butt Off!: Lose Up to a Pound a Day with Fat-Burning Foods and Gluten-Free Recipes for online ebook**

## **Shirin says**

This book was OK For me. I cook at home anyway and that is half the battle won. However, i think making things easy such as using 'normal'fresh produce and generally staying away from the whites; sugar, flour and rice would be more accessible to many people watching the scale. Reading labels should also be a habit.

In summary:

### **CONS**

- 1) Mostly caters to western diets
- 2) Images in pink? why? - cost saving?
- 3) Pretty high carb count mostly more than 150g of carbs a day

### **PROS**

- 1) Brings awareness to how processed food are simply bad
- 2) Suggested alternatives, even if those seems to be like a pie in the sky (low calories)
- 3) Easy to read
- 4) reminds me of my digital scale

Finished reading in one sitting. Dog eared a few recipes that do not read too fantastic. Minding tha alkaline versus acidic list.

First time reading Rocco and might read another before passing judgement.

My take away/ new things i learn and will put to use immediately:

To include the following into my grocery cart the next time i shop.

- 1) Mushrooms
- 2) lean turkey
- 3) palm sugar
- 4) low GI products
- 5) yogurt

..basically more of the alkaline stuff.

---

## **Micky Cox says**

The book has great tips for a healthier lifestyle, but the pics of the food pages just didn't do it for me. Everything was an odd shade of pepto pink which was not appetizing. The book is broken into well informed sections and led you to the recipes in a cohesive manner. When you get to the recipes it starts with drinks and moves through breakfast, snack, lunch, dinner, salads and desserts. Fortunately, I stuck with the recipes as I

read through them as I thought that all the drinks were a hideous pink color then I realized all the food pictures were in the same awful color scheme. So does that mean that the food is so unappetizing looking that they had to hide it behind a pink colorblock? I'm going to give a few recipes a whirl, but in general I just don't think this is the healthy cookbook for me. Good luck to you and maybe you'll find more inspiration than I did.

---

### **Michelle Robbins says**

Rocco DiSpirito is amazing! His latest book, Cook Your Butt Off! is just another testament of his brilliance. He is smart, sexy and funny.....and he can cook. Not only can he cook, he can cook foods that are actually good for you. I have recently gone gluten free/partial paleo. I found this book was full of fantastic recipes and tips and I have suggested it to others who are trying to go gluten free.

---

### **Tracy Canuck says**

No, can't do it. Half the ingredients aren't even food. And the pictures are all pink, wtf

---

### **Chrissy says**

What a disappointment!

I really do like it when a diet/cookbook has something unique about it that separates it from the thousands of others in the genre. If you don't have magnificent pictures, for example, you really need to have an interesting theme that will catch the attention of your readers.

On the surface, it seems that Rocco DiSpirito may have found a special little twist for his "Cook Your Butt Off" book -- while promoting a natural, organic, low-fat, gluten-free diet, he asserts that his recipes will actually burn calories in preparation. Thus, we as readers may be able to enjoy these recipes with a little less guilt, having burned off a percentage of the calories before even partaking of the food!

Now, to be honest, the whole thing just sounds sketchy. Who is going to actually burn a noticeable amount of calories smashing a rice cake? Or, as DiSpirito suggests at one point, how many readers will actually be able to walk to the grocery store and lug the bags back on foot?

Probably not enough to make this gimmick worthwhile.

As an aside, why so many artificial sweeteners? Aren't the natural ingredients -- especially the fruit -- sweet enough? And, what's the fascination with monk in the raw?

I'll still look into other books by Rocco DiSpirito in the future, I think -- but, with so many options on the market today, Cook Your Butt Off really isn't worth a second glance.

---

## **Vicki says**

What the hell is this supposed to be? I saw DiSpirito on TV and thought, maybe I'll get one of his cookbooks, see what it's about. The pictures of the food are all pink, and overexposed photos. Nutrition is listed first as what it is, but right under in the amount of calories you'll burn while you prepare it. It's just kind of weird. Very off-putting.

---

## **Candice says**

First i just wanted to say that i LOVE getting cookbooks from giveaways. It gives me such a good reason to use try these recipes. The over is gorgeous and eye catching. Also included in the book each recipe comes with a fitbit tracker code. I have never used a fitbit but it seems really easy. The pictures in the book make you want to eat literally everything. My only problem with this book is the pictures actually. All of the pictures are this weird pink color. Like i would have liked to see the foods regular color. It dosnt take away from the book but it also dosnt add to it in the way that i think color pictures would have.

I actually tryed a few of the recipes so im going to rate them.

Chopped Salad with Shrimp 5/5

Meat Loaf 4/5

Mashed Sweet Potatoes 5/5

Chocolate Mousse 5/5

---

## **Jenny says**

I was expecting an every-day, healthy cookbook and was disappointed to find an extreme 14-day-weight-loss guide.

Rocco's plan is to:

#1--Turn your kitchen into a gym. Prepare your own food and burn calories in its preparation.

#2--Choose foods that burn fat naturally. This means easing off or eliminating meat, dairy, gluten and other foods from your diet.

#3--Avoid impure, fat-promoting foods. In other words, buy organic and local.

I believe in moderation. Eliminating gluten and dairy and sugar is not something I'm willing to do, even for just 14 days.

Adding to my disappointment, I was unable to find one appealing recipe and not just because all the food photos are in pink.

This cookbook will appeal to some crazy food strict-tarians or those with actual dietary limitations--but unfortunately, it will be avoiding my recipe shelf and finding a new home.

I received this book for free as part of Goodreads First Reads. Thank you very much!

---

### **Pamela Courtney says**

I won this book in one of the give aways on Goodreads. I think the idea is great and it is written so it's easy to read. I haven't tried any of the recipes. Most of them require special ingredients or ingredients that cost more than my budget can allow. If you have the resources, I would imagine this book would have many great recipes and give you great results. I have a family of five to feed on a limited budget so it didn't work so great for me. I love this chef however and hope it does well.

---

### **Madlyn says**

Great book.

---

### **Meg Ferrante says**

Surprised to see no one mentioned psyllium husks (nature's laxative) as a grain stand-in for many of these recipes. You aren't necessarily cooking your butt off here, you're pooping your guts out instead. Another definitive but unsavory (and unsafe) way to lose weight.

---

### **Trish says**

First let me say, I love Rocco! I have several of his books and love them all!. That being said, his new book is a total miss! I just don't really care for it. All the suggestions about how many calories you can burn just by cooking seems a little disjointed and quite frankly quite hokey. I also found that most of recipes just do not seem all that appealing. And the pictures drove me crazy, different shades of pink, very harsh on the eyes.

---

### **James says**

This book has two shaky diet premises that are among the current diet fads; gluten free and acid/alkaline balance. Since he also still recommends calorie counting I can give a pass on this. He has several ingredients that are a bit shady, for example, the new monk fruit sugar which is heavily processed and xanthan gum which may be unsafe for kids. Some of the other novel ingredients may be worth a look.

Another aspect to this book that's a bit weird is the fitbit stuff and the calorie counting on the food prep work, since you should be making your own meals anyway, you can safely ignore it unless you're a gadget addict.

There are some interesting Asian fusion recipes which I may try. In the past, any recipes of his I have used worked out but they were American or Italian. I will hold off rating the book until then.

After a closer look I didn't see any recipes that I didn't already have or wasn't interested in them. Between the so-so recipes and the skatay diet advice this book leaves a bad taste for me.

---

**Ellen knoud says**

Good ideas but ingredients way too weird for me.

---

**Denise says**

If you can follow the plan, I'm sure you can lose a pound a day...you may also find the book is as tasty as the food.

---