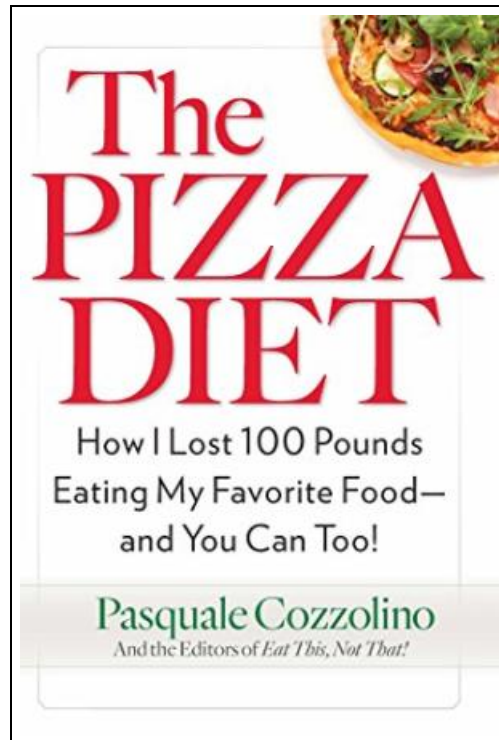


The Pizza Diet: How I Lost 100 Pounds Eating My Favorite Food - and You Can, Too! (Paperback)



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Reviews

It is really an incredible publication that we have possibly study. Of course, it really is engage in, continue to an interesting and amazing literature. You are going to like how the writer compose this publication.
(Bailey Lehner)

THE PIZZA DIET: HOW I LOST 100 POUNDS EATING MY FAVORITE FOOD - AND YOU CAN, TOO! (PAPERBACK)



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Galvanized Books, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Eat pizza and lose weight! Learn how an Italian chef dropped nearly 100 pounds while eating the food he could not live without. Why do most diets fail? Why do so many people who initially lose weight quickly pack it all back on--and then some? It s simple, really. Dieting, a.k.a. denying yourself certain favorite foods, is just too hard for anyone to do for any length of time. And how long could you deny yourself pizza? But what if you didn t have to say no ? Chef Pasquale Cozzolino of Naples, Italy, did just that and lost nearly 100 pounds. When his doctor warned him to lose weight or risk early death, Chef Cozzolino knew he had to find a diet plan he could stick with, one that would allow him to eat the food he grew up on and loved in his native country--pizza! So, he consulted nutritionists, immersed himself in the science of weight loss, and developed the Pizza Diet: Eat a hearty breakfast every morning, enjoy a 12-inch Neapolitan pizza for lunch every day, and finish off with a light yet satisfying meal of fresh vegetables and lean protein for dinner. The results? You will quickly reduce your daily calories without ever feeling deprived. Chef Cozzolino reveals his secret recipe for a healthier dough that won t boost blood sugar or trigger cravings. The Chef also shares his recipes for pizza margherita with fresh mozzarella and basil, grilled vegetable pizza, even pizza with sausage or prosciutto de parma. With a simple eating plan that focuses on fresh vegetables, lean proteins, and whole grains--plus delicious recipes for world class pizza--The Pizza Diet is the ideal plan for any food lover who wants...



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