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ABOUT ROCCO DISPIRITO Rocco DiSpirito is a chef and the author of nine award winning books including the back to back # 1 New York Times bestsellers NOW EAT THIS!

Now Eat This! With Rocco Dispirito | Show | ION Life

In this appealing show, award-winning chef Rocco DiSpirito transforms America's favorite comfort foods into deliciously healthy dishes -- all with zero bad carbs, zero bad fats, zero sugar, and maximum flavor.

Rocco DiSpirito's Recipes | The Dr. Oz Show

Rocco DiSpirito's Recipes. Chef Rocco DiSpirito shares low-calorie, low cholesterol alternatives to some of the most comforting foods. In many of these recipes, he manages to cut the sodium and slash the number of calories in half, so you can have nutritious versions of the meals you crave.

Rocco DiSpirito - Wikipedia

Rocco DiSpirito (born November 19, 1966) is an American chef based in New York City.

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Enjoy the highlights of some of Rocco DiSpirito's best dishes from this season of Now Eat This! See how Rocco's healthy, delicious recipes transform each family's approach to food and cooking.

Rocco DiSpirito (Author of Now Eat This!)

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