

Synopsis

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 to lose weight . . . and keep it off for good.

Book Information

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Customer Reviews

Pasquale Cozzolino, a native of Naples, Italy, moved to New York in 2011 to work at Midtown's PizzArte. He is now executive chef and co-owner of Ribalta pizzerias in Manhattan's East Village and Atlanta.

The book is fine. This review is in response mostly to the person who indicated the recommended flour is not available. It is at italiangourmetonline.com. It's in a larger bag but you can easily purchase. I think the diet can be tweaked to fit people's needs and the method for using a high quality fermented flour in this manner is very helpful to people who are abandoning grains all together due to crappy American flours and methods we've picked up. This is a refreshing book and I plan to put to use the method he sets forth.

I bought this book when it was released because I wanted to make pizza that wouldn't put weight on me. The author says he lost 100 pounds on his pizza diet. Sign me up! The key to the low glycemic crust the author describes is using type 1 Italian flour for the dough. As the author says, "The magic is in the dough." Italian flours are classified into four main types: 2, 1, 0, and 00. Type 00 is easily the most common and the finest grind. Type 1 is coarser and a requirement for making the pizza described in the book. The author acknowledges the difficulty in finding this flour in the US but states it is available on . After searching , local Italian markets and various gourmet food markets I have been unsuccessful in locating Type 1 (Tipo 1 in Italian) flour. Thus, I am unable to make the pizza described in the book. I'm only giving the book 4 stars since I can't make the pizza in the book due to unavailability of the flour required. I'll update if and when I can locate the flour, which I hope is soon. Update May 30, 2017--The only Le 5 Stagioni flour I could find was a 50 pound bag for \$65 and \$30 shipping. This flour is not available on , as the book says. Still would love to make pizza like the author's but can't without the flour, which is the key ingredient. I've even emailed the author's NY restaurant. If anyone has suggestions please let us all know. Thanks.

We make a LOT of pizzas in our house using the type 00 flour and decided to give this diet a try for the summer. The book is great and I feel that it makes a lot of sense. We also discovered that the flour (type 01) was only available at one location but decided to buy it in the larger quantity and pay the \$35 in shipping. We have no regrets. It is a wonderful flour and it makes an excellent pizza (we have also used it to make bread and other items because we have a lot to spare and those came also out great).

Fast read. Not really like a new diet he made pizza to fit the Mediterranean diet, but I love the pizza recipes and I will admit I bought it more for laughs. It started a few conversations and made people laugh because there is a diet for everything. I would recommend it for anyone who wants to make pizza.

I love this cook book! The recipes are easy to make and perfect for anyone who loves pizza and does not want the many calories of conventional pizza in their diet. It's true, you can eat pizza and still loose or keep your "ideal" weight!

Well written with a lot of nutritional facts! I highly recommend this book just for a healthy life style!

Interesting, a must read!!

INTERESTING BOOK - AND CONCEPT. NOT TOO PRACTICAL FOR ANYONE WHO ISN'T AT HOME FOR LUNCH. IT'S A BIT OF WORK AND INGREDIENTS INVOLVED ARE A LITTLE SPECIALIZED. BUT I'VE LOST A FEW POUNDS AND PLAN TO PERSEVERE.

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Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) The Pizza Bible: The World's Favorite Pizza Styles, from Neapolitan, Deep-Dish, Wood-Fired, Sicilian, Calzones and Focaccia to New York, New Haven, Detroit, and more

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