

The No-Diet Weight Loss Solution!

Thousands of simple
food swaps that can save you
10, 20, 30 pounds—or more!

**EAT
THIS**



Big Mac®
640 Calories
39 g fat

Save
more than
200 calories
and nearly
20 grams
of fat!



Whopper® with cheese
760 Calories
47 g fat

BY DAVID ZINCZENKO
Editor-in-Chief of *Men'sHealth*.
WITH MATT GOULDING

**NOT
THAT!**

David Zinczenko

Eat This, Not That! Thousands of Simple Food Swaps that Can Save You 10, 20, 30 Pounds--or More!



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Eat what you want, when you want--and view the pounds disappear! Americans spend a lot more than \$400 billion a 12 months eating dinner out, and behind each burger, turkey sandwich, and ice cream sundae is normally a simple decision that could help you control your weight--and your daily life.) And that's why EAT THIS, NOT THAT! Actually, they invest \$30 billion a year on marketing, much of it targeted at complicated eaters and disguising the excess fat and calorie counts of their products.) * Pizza Hut doesn't want you to know a regular pizza in Italy contains 500 to 800 calorie consumption, but the same food at Pizza Hut can top 2,100 calories!. This publication puts the entire food industry under the spotlight, and hands you with the savvy methods and insider information it requires to eat well no matter where you are. With EAT THIS, NOT THAT! you're the expert atlanta divorce attorneys eating situation, from the frozen meals aisle to your favorite junk food joint to your local sports bar. You control your meal universe--and reduce the pounds you want--because, unlike every other client, you'll know the wise choices to make--instantly! EAT THIS, NOT THAT! is jam-packed with secrets the restaurant industry doesn't desire you to know. For instance: * Burger King doesn't desire you to know that a BK Big Seafood® Sandwich and fries possess an impressive 1000 calories--nearly fifty percent your daily calorie consumption! will change everything. shows you how. All that has transformed with EAT THIS, NOT THAT! You will discover them inside. Instead, eat all of the pizza you wish by making smart choices.) * At Krispy Kreme, all you have to do is order the Berry Chiller instead of the Mocha Dream Chiller, and you will save 500 calories! Discover out why with this reserve.) * Macaroni Grill doesn't need you to know that a one serving of their Grilled Teriyaki Salmon offers more than 3 x your daily allowance of sodium! (Cut your risk of high blood circulation pressure by making smart choices at the same restaurant. (You'd need to ride a stationary bike for a lot more than three hours to melt away this mistake.) If only you knew the industry secrets, you can eat at all of your preferred restaurants--or chow down on from the business vending machine to your children' Halloween buckets--and know that every decision you produced was intelligent, healthy, and the best possible choice for you. Now--for the first time--you're in charge. (The Hotcakes pack a lot more than double that quantity! EAT THIS, NOT THAT! (Do that once a week and you'll drop a lot more than 7 pounds this year--without trying!)) * At Chipotle, it is possible to cut 570 calorie consumption out of your Chicken Burrito just by ordering it as a bowl (minus the tortilla) and asking them to carry the rice. With this basic illustrated guide to a large number of foods--along with the nourishment secrets that lead to fast and permanent weight loss--you'll make the most suitable choice each and every time! * In the freezer section of your neighborhood supermarket, a turkey pot pie from Swanson's has 610 fewer calories when compared to a turkey pot pie from Pepperidge Farms.) * Choosing a cinnamon roll at Au Bon Pain over Cinnabon will save you 463 calories and 20 grams of fat! * In the make aisle, you'll get twice the vitamin C--and nine times as much supplement A--simply by picking reddish bell peppers over green types. (Who said eating healthy was difficult? The issue is, restaurant chains and food manufacturers aren't interested in helping you make healthy choices. (Fish is normally healthy, but not really this kind. It is time to level the playing field. We're all tired of sneaky calories increasing our waistlines, and having to starve ourselves or spend hours on the fitness treadmill trying to melt away the damage. For example, did you know: * At McDonald's, an Egg McMuffin® is actually a healthy choice, with simply 300 calorie consumption. (Same great taste, but with 94 fewer carb grams!



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If you *must* eat junk food, this is a handy little book to have. PROS*Easy to transport around. Fits nicely into a purse. Helpful on vacation. And it is eye opening. This is a great book.*Quickly identifies healthiest items about the menu.This simple, but effective layout conveys a huge amount of information efficiently. But he doesn't end there.*I wouldn't take the caloric details as *fact*--For instance beneath the SONIC section, the authors list the Grilled Chicken Wrap as only having 380 calories but does not mention that this is without dressing.??? I do not get it.) WHAT? Double check the caloric content material on the restaurant's internet site before eating.*Contradictory. (216). 193) but good when coming away a store shelf. Apparently, Goldfish crackers are bad when they're coming from a vending machine (p. That pie has the same calorie consumption as three Big Macs?*Lots of familiar products/mainstream restaurants included. Slick and attractive, with brilliant full-color pictures. Perfectly researched too, which is expected coming from the folks behind probably the most densely-packed, educational magazines, Men's Wellness. Got that? While the fast food restaurants are now necessary to publish calorie, fats, and sodium contents, the informal restaurants have already been quietly fighting against requiring them to release the same information. Everyone else should prevent.*Pretty pictures*Fun to read*Easy to use. Logue, 2007 Sadly Politicised I wish I could read a friggin' diet plan book without having to be beaten over the head with someone's politics. Plenty of reasons for why one is a better choice than the other, as well as quick lists of various other good choices (and not so good choices) on the still left and right.CONNS*Fuzzy Math. The sections are by restaurant, and by circumstance type (like buying at the mall, or at any occasion party), so it is easy to read and get guidelines for how to make better meals choices.The only negative is that you might never get fries again, after you see all the things you could eat instead and still not hit the calorie count of the fries. Good buy Was a gift plus they liked it :/ The seller was great and affordable, the book wasn't what I thought it will be. It offered me understanding of some foods that I thought were healthy.Highly recommended book, even if you aren't dieting. You'll learn a ton about the foods you are eating at restaurants, which is really worth the price of entrance.Sean P.Each two page section has a high-calorie, fat trap food on the right, and a healthier alternative on the left. But remember, to left-wingers like Zinczenko, liberalism is usually their religion and they couldn't create a book without mentioning it any longer than, say, a devout Christian could compose a book without injecting their faith in Jesus Christ. Therefore, we get praise for her majesty Michelle Obama, as the the author rips Hurry Limbaugh for daring to criticise her lecturing America about our diets. Some of the comparisons don't make sense--like switch to the Baskin Robbins section--why is Rocky Road ice cream bad (290 calories, 15gfat (8 sat), 32g sugars), but Two Scoop Sizzling hot Fudge Sundae is great (530 calories, 29g extra fat (19sat) and 52 g of sugar. happy with condition of book very pleased with condition of bookThe truth is that casual dining restaurants have larger calorie meals than the much-maligned fast food joints. If that's not enough, he also praises the lady who sued McDonald's for "making her fat", which will go against the self-help/personal responsibility that books such as this are supposed to be about. If you're a hefty lefty, after that this is your diet publication. Buy it to document next to your Michael Moore and Al Franken comic books. Because of this reserve and the study behind it, we can now get a better idea of what we've been consuming at these restaurants. This book is a waste of time and money This book is completely retarded. They treasured it and plan on buying more for family member Enjoyed it I enjoyed the publication. BOTH OF THEM ARE EXTREMELY TERRIBLE FOR YOU PERSONALLY!..well guess what? The author (David Zinczenko who Personally, i like as an writer for his abs diet books) compares McDonald's Bic Mac pc with the Whopper from Burger King. This book is full of such comparisons where both options are not just what a person on a diet should be eating. I'm sure he is correct on the dietary information of the products, but if you actually want to lose excess weight and consume healthy then you should eat NEITHER of these. Basically, this book should be titled "Don't eat THIS or THAT." Purchase this book if you prefer a comprehensive set of what foods you need to avoid. Very good information in this book. Beneficial to have this book. Informative book Gave it as gift. The front

cover is an ideal example for my argument. Wow! It'll stay in your kitchen and I will go through it before I visit the supermarket. Outback's Aussie Cheese Fries possess 2900 calories. Funny Good at enough time for bachelors that could cook. Interesting Good enough that somebody stole it from me. He has to ridicule Rush for his painkiller addiction, tying it to the book by saying it had been linked to his back pain, which was caused by his being overweight, this means he shouldn't have dared issue the first lady.



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