

**EASY & AWESOME 350-CALORIE MEALS**

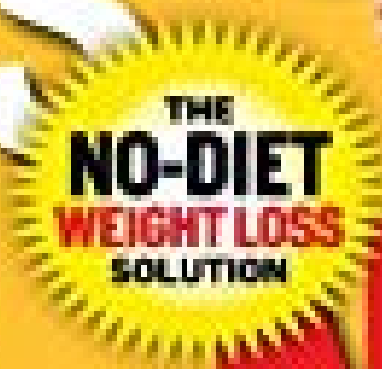
**COOK  
THIS**

*Hundreds of new quick and healthy meals to save you 10, 20, 30 pounds—or more!*



Save  
200  
calories  
and  
\$7.99!

Homemade  
A.I. Swiss Burger  
240 calories  
11 g fat (2 g saturated)



**THE  
NO-DIET  
WEIGHT LOSS  
SOLUTION**



Applebee's Steakhouse  
Burger with A.I.  
330 calories  
18 g fat (2 g saturated)

**NOT  
THAT!**

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& MATT GOULDING**

Authors of **Eat This, Not That!**

David Zinczenko

## Cook This, Not That! Easy & Awesome 350-Calorie Meals



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Tired of always becoming too hungry (and exhausted!) to make smart food options? \* At Olive Backyard, an order of Poultry Parmigiana can cost you half a day time? Easy & Make This, Not That!? Calorie Meals include: A step-by-stage illustrated information to every cooking food technique you't want to cook. The authors of the best-selling diet plan and weight loss series Eat This, Not That! teach you how easy it is to turn the expensive and processed foods in America's restaurants into fat-blasting superfoods that cost just pennies—and take just minutes to make! home edition and save 1,460 calories! Ever wonder why the less meals you try to eat, the more fat you appear to gain?you'and a day and a half's well worth of sodium! Make our Chicken Parm recipe at home and save 730 calorie consumption and \$9.94! (In less time than it takes to order their version, you can make ours and save 690 calories from fat) With this illustrated guide to hundreds of delicious, simple, lightning-quick dishes—G.I.Fri's, a Santa Fe Chopped Salad carries a whopping 1,800 calories—the same as three Pepperoni Personal Pan Pizzas from Pizza Hut! Awesome 350 – Ready to start enjoying all your favorite foods rather than find an ounce of fat gain? Awesome 350-Calorie Meals may be the ultimate cookbook for people who love to eat—) Try the Cook This, Not That! Can you believe... \* Hungry for a panini? At Panera Breads, the Italian Combo on Ciabatta comes packed with more than 1,000 calories and a side of 45 grams of fat! \* At T.together with the nutrition secrets that result in fast and long lasting weight loss—s calorie consumption—ll help to make the smartest selections for your household every time. Extra features in Cook This, Not That: Easy & (You call a salad?even if indeed they don'll ever have to know The 50 Best Foods in the Supermarket The Milk Shake Matrix THE GUIDELINES of the Grill 12 Methods to Better a Burger The Globe's Best Condiments And more!



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Overall I LOVE this cookbook and intend to order more from the . I have a tendency to agree, although I've nothing to go on other than many years of counting calories. Every one of them were much lower factors than their traditional equivalents. I have tried several recipes out of this book and every single one that I've tried was delicious! I am on pounds watchers and tabulated the point values for the laundry I made and MOST of them were within reason for a food.. Overall I LOVE this cookbook and plan to order even more from the series. Also, you'll be in shock as to how much fat and sodium are in your favorite restaurant foods.. A reserve that centered on the real logistics of making the food, and helped you organize your food plans to use common ingredients, while remaining healthy and price effective will be a great idea. Had I have known the author would skip over these details I would not have purchased this book. Excellent Very interesting. The chicken chili is among my favorites. It really is an excellent resource for easy to prepare meals , each chapter color coded on webpages edge for quick access. I just wished the author included the amount of carbs per serving. Eating well and losing wieght I have been eating food from this reserve for a couple months now. The meals can be delicious and I've lost 25 lbs up to now. Not bad. I do feel that a lot of recipes call to way too much salt. Need more info on healthy snacks. Another example. The good news is the book contains many delicious and easy to prepare dishes with great images accompanying each one and each also contains a relatively easy list of necessary ingredients needed, and a convenient calorie comparison to comparable offerings of various chain restaurants. I love this cookbook, we have made many of the recipes and have enjoyed them all! I favor to put in sufficient to make it wet. Nicely done, but lacking some essential information First, I've noticed a few reviewers were skeptical of alleged calorie counts. Highly recommended. The downfall of this book is that the recipes all call for lots of ingredients, and many of them are not items you'd have at home, so this involves an extended, expensive shopping trip for every meal you make an effort to make. Also, most of the ingredients are just needed in smaller amounts, but are products you needless to say can't buy in a small amount, and are often ingredients not used in other foods in the book. More importantly, to me, may be the fact that all recipe listed contains just minimal nutritional details (each recipe has calorie count, grams of fat, including the saturated fat grams, and mg of sodium per serving) What I was most interested in was the number of carbohydrates per portion, which significantly influences many visitors dietary choices. Otherwise, the food is good, and not too difficult to make. Great healthy cookbook This book is full of great recipes for folks trying to eat smarter. It's not filled with recipes that try to "technique" you into thinking you're eating your favorite processed foods - no dark bean brownies, fat-free sour cream, or various other such atrocities - but rather with real meals made with real ingredients that taste real good. It seems like that every year I have all of the other books and this one is just a repeat. It helped me drop 20 pounds without dieting in 3 1/2 months. Still, there are websites where one can input the substances and get that details so it is not that big an issue - certainly not more than enough of one to stop me from using and loving this book. The only issue I have with is that it generally does not give you the full nutritional information for the recipes. It seems like that every yr. Will most likely not buy next year's. Just a little disappointing. Could possibly be because I must say i don't cook any more, but I really do purchase well balanced meals from a restaurant. Therefore just be aware when trying new recipes for the very first time. But otherwise, it does have very tasty meals with lower calories than you can purchase in restaurants. I love that they are compared to restaurant foods. It gives me an idea of what they will taste like before I make sure they are. Helps me decide if I'll like them before I waste time and money. Great ideas! I've just used a few recipes and it's helped me

un-blah my meals and keep them within my calorie limits. I do modify the dishes at times because I like to experiment but also because I don't want an excessive amount of salt, or I can't stand this ingredient, etc. Five Stars lots of good info, good book Five Stars nice Great recipes, tips and ideas for eating more healthy without .A few of the recipes carry out look like the calorie counts might be a little low on what I calculate, however, not a lot. So monitor that if you are actually calorie conscious. Great recipe book I tried several recipes as I read the book plus they are already part of my regular weekly rotation. It does take some preparation time though, therefore keep that in mind. easy and delicious recipes great recipes LOVE THIS BOOK TOO LOVE THIS Reserve TOO! But for the most component it has provided me nice ideas on how to spice up (pun intended) my foods... Great quality recipes, tips and ideas for eating more healthy without feeling deprived. There are numerous recipes I cannot wait to try! I love this cook book! But if you adhere to the recipe for the amount of chicken broth, you'll have a soupy chili.This is the bad news. They generally have fat and sodium content, and sometimes carbohydrates and protein, but rarely fiber rather than vitamins.



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