

**The No-Diet Weight Loss Solution!**

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

# EAT THIS



**Egg McMuffin**  
300 calories  
17 g fat

Save 170 calories and 5.5 g fat!

**NEW!**  
**2011**  
**EDITION**

**Dunkin' Donuts Bagel, Plain with Cream Cheese**  
470 calories, 17.5 g fat



# NOT THAT!

BY DAVID ZINCZENKO  
WITH MATT GOULDING

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David Zinczenko

Eat This, Not That! 2011: Thousands of easy food swaps that can save you 10, 20, 30 pounds--or more!



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That brand-brand-new physique you've been waiting for, the leaner, fitter, healthier body you thought you'd never had. Eat This, Not That! 2011—the most recent, most up-to-date book in the best-selling weight loss franchise—) And once you lose that weight, you'll be Forever.Dana Bickelman of Waltham, Massachusetts, lost 70 pounds after discovering the shocking truth about the foods she was eating. Reconsider) because Eat This, Not That! is certainly a tool.s chain restaurants is serving a pasta dish with an increase of than 2,700 calories? designed to make smart food choices easier, irrespective of where you're building them. Consider just a handful of real tales from real people who' It pairs classic food swaps, and can help you cut hundreds—)\*Choosing Breyer'—The Truth About What'll realize why Eat This, Not That!Michael Colombo of Staten Island, New York, shed 91 pounds in just over 8 weeks and conquered life-threatening anti snoring, after picking right up a copy of Eat This, Not That!:. •The Eat This, Not That! is “. “My confidence has sky-rocketed!” he says.The no-diet weight-loss solution” The 20 Worst type of Foods in America's Peanut Butter Cups Ice Cream more than Ben & “Personally i think like I' Bowen reviews. Once she uncovered the truth about her food, she discovered she could lose excess weight and never feel hungry.\*The wrong milk shake at Cold Stone will cost you more than a day' also at her favorite restaurants—but to accomplish it more smartly. Eat This, Not really That! teaches you how to read nutrition labels and decipher misleading menu descriptions.ve shed 25, 50, 75 pounds—as well as thousands—of calories from your daily diet, without feeling like you've deprived yourself in all. Consider: \*One of America' It' (That's almost a pound of flab—in one meal!or even more!s Reese'without dieting. Jerry's worth of calorie consumption?'s Peanut Butter Cup Ice Cream will save you 200 calories per scoop? (But a smart swap will eliminate 1,520 of them!is ready to start stripping extra pounds from your body today. Additional features in Eat This, Not That! 2011 include:• and you's Really In Your Food (Think a Poultry McNugget is manufactured out of just chicken? That' Her top secret: She learned to indulge— No-Diet plan Cheat Bed linens• Foods That Treat Any Issue've always wanted to feel,”Erika Bowen of Minneapolis, Minnesota, dropped 84 pounds— Best Swaps at the Ballpark, the Mall, the Cocktail Party, Thanksgiving Dinner, and more!re likely to keep it all off. for Children•Restaurant Report Card—And more!



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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 right into a purse. Convenient on vacation. In fact it is eyesight opening.\*A lot of familiar products/mainstream restaurants included.\*Quickly identifies healthiest items on the menu. CONS\*Fuzzy Math. They enjoyed it and anticipate buying more for relative Enjoyed it I enjoyed the reserve.) WHAT??? Slick and attractive, with fantastic full-color images. Wow!\*I wouldn't take the caloric specifics as *fact*--For instance beneath the SONIC section, the authors list the Grilled Poultry Wrap as only having 380 calories but fails to mention that is without dressing. While the fast food restaurants are now required to publish calorie, unwanted fat, and sodium contents, the informal restaurants have been quietly fighting against needing them release a the same information.\*Contradictory. Evidently, Goldfish crackers are bad when they're from the vending machine (p. 193) but good when coming off a shop shelf. Leading cover is an ideal example for my argument. But remember, to left-wingers like Zinczenko, liberalism is their religion plus they couldn't compose a book without mentioning it any longer than, say, a devout Christian could create a reserve without injecting their faith in Jesus Christ. This is an excellent book.? BOTH OF THESE ARE EXTREMELY TERRIBLE FOR YOU!The truth is that casual eating restaurants have higher calorie meals than the much-maligned fast food joints. Check the caloric content on the restaurant's website before eating. Because of this reserve and the study behind it, we can now get yourself a better notion of what we've been consuming at these restaurants.\*Pretty pictures\*Fun to read\*Easy to use.Each two page section includes a high-calorie, fat trap food on the proper, and a healthier alternative on the still left.This simple, but effective layout conveys a ton of information quickly and easily. Lots of known reasons for why one is an improved choice than the other, as well as quick lists of other good choices (and not so good options) on the still left and correct. The sections are by restaurant, and by scenario type (like shopping at the mall, or at any occasion party), so it is easy to read and get guidelines for how to make better food choices.The only negative is that you might never get fries again, after you see everything you could eat instead and still not really hit the calorie count of the fries. This book is a waste of money and time This book is totally retarded. I don't get it. He has to ridicule Hurry for his painkiller addiction, tying it to the book by saying it had been linked to his back pain, that was caused by his carrying excess fat, which means he shouldn't possess dared question the first woman. You'll learn quite a bit about the foods you are going out to restaurants, which is really worth the price of admission.Sean P. 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. That pie has the same calorie consumption as three Big Macs? Therefore, we get compliment on her behalf majesty Michelle Obama, while the the author rips Hurry Limbaugh for daring to criticise her lecturing America about our diet programs. If that's not enough, he also praises the girl who sued McDonald's for "making her unwanted fat", which will go against the self-help/personal responsibility that books such as this are said to be about.Highly recommended book, even if you aren't attempting to lose weight. Got that? But he doesn't quit there. If you are a hefty lefty, after that that is your diet reserve.. Everyone else should avoid. Outback's Aussie Cheese Fries have 2900 calories. (216). The author (David Zinczenko who Personally, i like as an writer for his abs diet plan books) compares McDonald's Bic Macintosh with the Whopper from Burger King. Buy it to file next to your Michael Moore and Al Franken comic books. Very good information in this book.well guess what? Perfectly researched too, which is expected coming from the folks behind probably the most densely-packed, educational magazines, Men's Health. This book is full of such comparisons where both options are not what a person on a diet plan ought to be eating. I'm sure he's correct on the dietary information of the merchandise, but if you actually want to

lose weight and consume healthy then you should consume NEITHER of these. Basically, this book should be titled "Don't consume THIS or THAT." Purchase this book if you want a comprehensive list of what foods you should avoid.. Useful to have this book. Informative book Gave it as gift. A few of the comparisons don't make sense--like change to the Baskin Robbins section--why is Rocky Road ice cream bad (290 calories, 15gfat (8 sat), 32g sugar), but Two Scoop Scorching Fudge Sundae is good (530 calories, 29g fats (19sat) and 52 g of sugar. It gave me knowledge about some foods that I idea were healthy. It'll stay in the kitchen and I will read it before I visit the grocery store. Good buy Was a gift plus they liked it :/ The seller was good and affordable, the book wasn't what I thought it could be. Funny Good at the time for bachelors which could cook. Interesting Good enough that somebody stole it from me. happy with condition of book happy with condition of book



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