

NEW! UPDATED 2012 EDITION

EAT THIS NOT THAT!

THE
NO-DIET
WEIGHT LOSS
SOLUTION

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



Big Mac[®]
540 calories
29 g fat



Whopper[®] with Cheese
700 calories
47 g fat

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

BY DAVID ZINCZENKO WITH MATT GOULDING

David Zinczenko

Eat This, Not That! 2012: The No-Diet Weight Loss Solution



[continue reading](#)

Packed with great tips, industry secrets, and important nutrition knowledge, *Eat This, Not That!* 2012 reveals the shocking calorie counts, mind-bending sugars and fatloads, and deceptive advertising and marketing techniques which are making America excess fat?and gives readers the info they need to fight. Featuring up-to-the-minute information upon the ever-changing array of supermarket and restaurant offerings, *Eat This, Not really That!* With an angry food industry hot on their heels and a ravenous group of fans clamoring for more, Zinzenko and Goulding once again redefine the American food landscape. 2012 can be a must-have for anybody who cares in what they eat?and how they look.



[continue reading](#)

In the event that you *must* eat fast food, that is a handy little publication to have. (216). Suits nicely right into a purse. Convenient on vacation. The sections are by cafe, and by situation type (like shopping at the mall, or at a holiday party), so it's easy to read and get guidelines for steps to make better food choices.*Lots of familiar products/mainstream restaurants included. Slick and attractive, with amazing full-color pictures.? This book is a waste of money and time This book is completely retarded.) WHAT???) CONS*Fuzzy Math. I don't get it.*I wouldn't take the caloric details as *fact*--For instance under the SONIC section, the authors list the Grilled Chicken Wrap as only having 380 calories but does not mention that is without dressing.This simple, but effective layout conveys a huge amount of information efficiently.*Contradictory. Apparently, Goldfish crackers are bad when they're coming from a vending machine (p. 193) but good when coming off a shop shelf. PROS*Easy to carry around. That pie gets the same calories as three Big Macs?Sean P.*Quickly identifies healthiest items about the menu. Very well researched too, which is expected from the people behind probably the most densely-packed, interesting magazines, Men's Health.The simple truth is that casual dining restaurants have higher calorie meals than the much-maligned junk food joints. As the fast meals restaurants are now required to publish calorie, fats, and sodium contents, the informal restaurants have already been quietly fighting against needing them to release the same information. Because of this book and the research behind it, we can now get yourself a better idea of what we've been eating at these restaurants. It provided me understanding of some foods that I idea were healthful.Each two page section includes a high-calorie, fat trap food on the right, and a healthier alternative on the still left. Lots of reasons for why one is a better choice than the other, and also quick lists of various other good choices (and not so good options) on the left and right. Check the caloric content material on the restaurant's internet site before eating.*Pretty pictures*Fun to read*Easy to use.The only negative is that you might never get fries again, after you see everything you can eat instead but still not really hit the calorie count of the fries. Outback's Aussie Cheese Fries possess 2900 calorie consumption. Wow! He has to ridicule Hurry for his painkiller addiction, tying it to the book by saying it was associated with his back pain, that was caused by his being overweight, this means he shouldn't have dared question the first lady. You'll learn quite a bit about the foods you are eating at restaurants, which is well worth the price of admission. This is a great book. Logue, 2007 Sadly Politicised I wish I possibly could read a friggin' diet book without being beaten over the head with someone's politics. Informative book Gave it as gift. Therefore, we get compliment for her majesty Michelle Obama, while the the author rips Hurry Limbaugh for daring to criticise her lecturing America about our diet plans. But he doesn't quit there.Highly recommended book, even though you aren't dieting. Got that? In the event that's insufficient, he also praises the lady who sued McDonald's for "making her excess fat", which goes against the self-help/personal responsibility that books such as this are said to be about. If you're a hefty lefty, after that this is your daily diet publication. Buy it to file next to your Michael Moore and Al Franken comic books. Very good information in this book. A few of the comparisons don't make sense--like turn to the Baskin Robbins section--why is Rocky Road ice cream bad (290 calories, 15gfat (8 sat), 32g glucose), but Two Scoop Popular Fudge Sundae is good (530 calories, 29g fat (19sat) and 52 g of sugar. The front cover is a PERFECT example for my argument. The writer (David Zinczenko who I personally like as an author for his abs diet books) compares McDonald's Bic Mac pc with the Whopper from Burger King.. Interesting Good enough that somebody stole it from me.well do you know what? Funny Good at enough time for bachelors that could cook. This book is full of such comparisons where both options are not just what a person on a diet plan should be eating.

happy with condition of book happy with condition of book Basically, this book ought to be titled "Don't eat THIS or THAT." Buy this book if you want a comprehensive set of what foods you need to avoid. Everybody else should avoid. Useful to have this book. But remember, to left-wingers like Zinzchenko, liberalism can be their religion plus they couldn't create a reserve without mentioning it any more than, say, a devout Christian could compose a reserve without injecting their faith in Jesus Christ. They adored it and anticipate buying more for family member Enjoyed it I enjoyed the book. And it is eye opening. It will stay in your kitchen and I will go through it before I go to the grocery store. Good buy Was a gift plus they liked it :/ The seller was wonderful and affordable, the book wasn't what I thought it would be. BOTH OF THEM ARE EXTREMELY TERRIBLE FOR YOU!. I'm sure he is correct on the dietary information of the products, but if you really want to lose pounds and eat healthy you then should consume NEITHER of them.



[continue reading](#)

download Eat This, Not That! 2012: The No-Diet Weight Loss Solution ebook

download free Eat This, Not That! 2012: The No-Diet Weight Loss Solution txt

[download Dispensing Beauty in New York and Beyond: The Triumphs and Tragedies of Harriet Hubbard Ayer djvu](#)

[download The Feelings Book \(Revised\): The Care and Keeping of Your Emotions djvu](#)

[download free Look Better Naked: The 6-week plan to your leanest, hottest body--ever! ebook](#)