

BACKYARD SURVIVAL GUIDE

GRILL THIS

Quick & easy meals that can save you 10, 20, 30 pounds—or more!



Save 100 calories and \$3.00!

Grilled Steak Fajitas
200 calories
10g fat (2 grams sat)

THE
NO-DIET
WEIGHT LOSS
SOLUTION



Applebee's Grilling
Steak Fajitas
240 calories
14g fat (2.5g saturated)

BY DAVID ZINCZENKO
& MATT GOULDING
Authors of *Eat This, Not That!*

NOT THAT!

David Zinczenko

Grill This, Not That!: Backyard Survival Guide



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This newest weight-reduction weapon teaches readers how to strip hundreds, also thousands of calories from their diet plans—and save hundreds of dollars a week—using healthy grilling techniques, mouth-watering marinades, and savvy strategies to recreate a common foods. Filled with cool tips, market secrets, and essential nourishment information, Grill This, Not really That! Bestselling authors David Zinczenko and Matt Goulding return with the latest in their blockbuster series, Eat This, Not That! There are more than 125 recipes for everyone—™s indulgent yet low-calorie favorites (yes, actually ribs and cheeseburgers!). With a ravenous group of fans clamoring for even more healthy, affordable options, Zinczenko and Goulding team up once again to redefine America—™s favorite pastime: the backyard BBQ. can be a must-have for anyone looking to spend less, time, and calories and become the best boss of their barbeque.



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all you need to know about grilling healthier meats, fish, and veggies I own another publication in this series, "Make This, Not really That," and have really enjoyed the quality recipes in it. More information and knowledge is more power! The recipe known as "THE BEST Burger" in that book is one I love a lot. So with that history, I came to this one in the same series, "Grill This, Not That. It is another great addition to an useful and fun series of books. You can find great recipes for the grill, but you can find so many other features that produce this book useful and unique. I like the way each section includes a kind of overview chart - consider one from row A, add two from row B, one from row C, mix and revel in. I also appreciated the 'this vs that' parts where condiments, say, are compared. I think it is saves so enough time not to want to do these comparisons myself, looked after points out items I may not need tried. The quality recipes in the publication go also farther though: you can make your personal barbeque sauce from the recipe in this book easily from substances you already have on hand, and it tastes excellent. I also just like the charts that show various cuts of meat and compare their body fat and calories. For every recipe, there is usually a package on the same page that tells how exactly to adapt the sauce or the technique in order to use it for vegetables, seafood, poultry, etc. The recipes are good. The recommendations for what groceries to get are very valuable as well. Only two minimal nits. Bottom line for me: That is a reserve you READ, internalize, after that placed on a shelf. I would recommend this reserve highly, and it's great for any kind of grill. For me personally, lots of knowledge gleaned originated from food preparation tips; It's a real find; Simple, too, which I like because once you get past five ingredients my eye kind of glaze over. Great little book The recipes in this book are worth the purchase alone, especially with all the current great sauce/marinade pages. To top it off, the publication goes over some basic grill types, equipment and items along those lines. Furthermore to all or any that, it has a great run through of restaurant meals that could kill a equine with the quantity of sodium and (usually) calories, not to mention sugars, fat and the rest of the good stuff. As a side take note: what I appreciate most about these books are that they give you the best choice for all food stuffs, including the ones that aren't therefore great for you. All in all, an excellent little reserve that stands on its own next to my additional grilling books. Great starter guidebook to grilling full of information beyond the recipes themselves Bought this in 2012 and also have used it often to try new quality recipes on the grill. Most turned out needlessly to say and tasted great - something the whole family has appreciated. Contemplate it more of a starter instruction to introduce you to what you're grill is with the capacity of, and it won't overwhelm you with longer, complicated instructions. Often cookbooks for grilling don't take accounts of charcoal cooking quite definitely, but this one has suggestions for a variety of grills. meats come out so far better with the proper prep. After you've tried a dozen or so of the recipes, you'll recognize that this book is merely scratching the surface. Overall an excellent book with good pictures for summertime bbq eating! Nice to learn how easy you can prepare a selection of restaurant-quality options in the home for a fraction of the price! Good, however, not grate Pun intended. Nonetheless it doesn't blow my skirt up. For instance, you can find comparisons between several store-bought foods and condiments, such as for example hot pet dog buns, barbeque sauce, mayonnaise, etc. You can find calorie, carb, and sodium comparisons, however the most important evaluation is the flavor. But it is SO limited. That means it is possible to learn a method, not just make 1 recipe. I don't believe it might disappoint anyone! Therefore, yeah, on the one hand it's a nifty small book. This is a good, utilitarian grill book. Associated with that, although it offers plenty of general tips, the recipes have become specific, not a lot of and, sorry, but non-e of these interest me particularly. For anyone who feels in a rut with grilling, this books will certainly expand your horizons. Big fan of the ETNT series! I enjoy flipping through the webpages of this book, and it had been the perfect summertime gift for a person who

loved to grill but was viewing their fat." If anything, I love it better still. Another nice addition can be a grilling buying section that testimonials some good options for hot dogs, other grilling meats, marinades and spices. So rather than saying to swap some potato chips for celery, it gives you the best option for chips. When you are feeling like going out for some fast food, have a look in another of these books, and you will certainly decide to stay in, have a wholesome and more economical (and better) food. Still, it's a fine addition to anyone's recipe collection for the price. One of my favorite cookbooks ever I simply love this book, specifically in tandem with "Cook This Not That". The quality recipes are simple and simple, easy to adhere to, low prep period, and we have yet to be unhappy with any choice. I'd say we've produced 8-10 recipes. No clinkers. That is clearly a great feature of this group of cookbooks. Although a lot of the focus is on healthy eating, that's just a very good side effect. For me personally, the recipes are just plain flavorful. The strip steaks with blue cheese butter, and the steak-and-potato skewers are two recipes I enjoyed already, and there are lots of fish and vegetable recipes I intend to try. I often use more of everything. It seems like their portions certainly are a bit small for things such as sauces or spices. I understand to bump them up a bit, which needless to say probably escalates the calorie count. Second stage is I watch carbs, and their numbers frequently omit carb and sugars counts.



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