

The No-Diet Weight Loss Solution!

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

EAT THIS

Dairy Queen Hot Fudge Sundae
Medium, 190 calories
(\$2.99/3.99)



Save 480 calories and 22 g fat!

NEW!
2013
EDITION

Baskin-Robbins Brownie Sundae
Medium, 290 calories
(\$2.99/3.99)



NOT THAT!

BY DAVID ZINCZENKO
WITH MATT GOULDING

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Eat This, Not That! 2013: The No-Diet Weight Loss Solution



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With an angry food industry hot on their heels and a ravenous group of fans clamoring for more, Zinzenko and Goulding once more redefine the American food landscape. Filled with great tips, industry secrets, and important nutrition understanding, *Eat This, Not That! 2012* is a must-have for anyone who cares about what they eat and how they appear. Featuring up-to-the-minute information on the ever-changing array of supermarket and restaurant offerings, *Consume This, Not That! 2012* reveals the shocking calorie counts, mind-bending glucose and fat loads, and deceptive marketing and advertising techniques that are making America fat and gives readers the information they need to fight back.



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It gave me understanding of some foods that I thought were healthy. PROS*Easy to carry around. Fits nicely into a purse. Helpful on vacation. The truth is that casual dining restaurants have higher calorie meals compared to the much-maligned fast food joints. Very well researched too, that is expected from the people behind probably the most densely-packed, helpful magazines, Men's Wellness.*Quickly identifies healthiest items about the menu. The only negative is that you may never get fries again, after you see everything you could eat instead and still not hit the calorie count of the fries. Some 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 sugars), but Two Scoop Popular Fudge Sundae is good (530 calories, 29g excess fat (19sat) and 52 g of sugars.) WHAT???? I do not get it.*I wouldn't take the caloric details as *fact*--For instance under the SONIC section, the authors list the Grilled Poultry Wrap as only having 380 calories but fails to mention that this is without dressing. Double check the caloric content on the restaurant's site before consuming.*Contradictory. The sections are by restaurant, and by scenario type (like purchasing at the mall, or at any occasion party), so it is readable and get guidelines for steps to make better food choices. (216). 193) but good when coming away a store shelf. That pie gets the same calories as three Big Macs?" Buy this reserve if you prefer a comprehensive set of what foods you need to avoid. Slick and attractive, with fantastic full-color images.*Lots of familiar products/mainstream restaurants included.*Pretty pictures*Fun to read*Easy to use. As the fast meals restaurants are now required to publish calorie, excess fat, and sodium contents, the casual restaurants have already been quietly fighting against needing them release a the same information. Thanks to this publication and the study behind it, we are able to now get yourself a better notion of what we've been eating at these restaurants. And it is eyes opening. Each two page section includes a high-calorie, fat trap food on the proper, and a healthier alternative on the still left. Lots of known reasons for why one is a better choice than the other, as well as quick lists of additional good choices (and not so good options) on the still left and correct. This simple, but effective layout conveys a ton of information efficiently. Evidently, Goldfish crackers are poor when they're coming from a vending machine (p.CON)*Fuzzy Math. Useful to have this book. Wow! Highly recommended book, even if you aren't attempting to lose weight. I'm sure he's correct on the dietary information of the products, but if you really want to lose pounds and eat healthy you then should eat NEITHER of these. Sean P. Logue, 2007 Sadly Politicised I wish I could read a friggin' diet plan book without being beaten over the head with someone's politics. But keep in mind, to left-wingers like Zinczenko, liberalism is usually their religion and they couldn't write a publication without mentioning it any longer than, say, a devout Christian could write a reserve without injecting their faith in Jesus Christ. As a result, we get praise on her behalf majesty Michelle Obama, as the the author rips Hurry Limbaugh for daring to criticise her lecturing America about our diet plans. But he doesn't stop there. He has to ridicule Rush for his painkiller addiction, tying it to the publication by saying it had been linked to his back pain, which was caused by his carrying excess fat, which means he shouldn't possess dared query the first woman. Got that? The author (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. If you are a hefty lefty, then this is your diet publication. Buy it to document next to your Michael Moore and Al Franken comic books. Good buy Was a gift plus they liked it :/ The seller was fine and affordable, the book wasn't what I thought it could be..well guess what? In the event that's not enough, he also praises the girl who sued McDonald's for "making her excess fat", which will go against the self-help/personal responsibility that books such as this are supposed to be about. This book is a waste of money and time This book is

completely retarded.. The front cover is a PERFECT example for my argument. BOTH OF THEM ARE EXTREMELY TERRIBLE FOR YOU PERSONALLY! This book is filled with such comparisons where both options are not what a person on a diet ought to be eating. You'll find out quite a bit about the foods you are eating at restaurants, which is well worth the cost of admission. Basically, this book should be titled "Don't consume THIS or THAT. This is a great book. They enjoyed it and anticipate buying more for family member Enjoyed it I enjoyed the publication. Outback's Aussie Cheese Fries have got 2900 calories. Informative book Gave it as gift. Very great information in this book.If you *must* eat fast food, that is a handy little reserve to have. It'll stay in your kitchen and I will examine it before I visit the grocery store. Everyone else should avoid. Funny Good at enough time for bachelors which could cook. Interesting Good enough that someone stole it from me. very pleased with condition of book very pleased with condition of book



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