

# RESTAURANT SURVIVAL GUIDE

# EAT THIS

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

Red Robin  
Marbled  
Bacon-Cheddar  
Cheeseburger  
880 calories  
24 g fat



Swap  
448 calories  
and  
24 grams  
of fat

THE  
**NO-DIET**  
WEIGHT LOSS  
SOLUTION

Ruby Tuesday  
Smoked  
Turkey Burger  
1,190 calories  
61 g fat



BY DAVID ZINCZENKO  
WITH MATT GOULDING

# NOT THAT!

David Zinczenko

## Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution



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Americans spend a lot more than \$500 billion a year eating dinner out, and behind each burger, turkey sandwich, and ice cream sundae is a simple decision that could assist you to control your weight—and your daily life. The problem is, restaurant chains and food makers aren't interested in assisting you make healthy choices. Actually, they invest \$30 billion a year on advertising, much of it targeted at confusing eaters and disguising the fats and calorie counts of their products. Thankfully Eat This, Not That! Restaurant Survival Information is here to greatly help. It' Restaurant Survival Guide include: · With in-depth protection of 80 of the biggest cafe chains in the united states, it arms you with the info you need to take control of your diet and sidestep the egregious calorie-landmines which are secretly sabotaging your chances of losing weight. s as to why the average cheeseburger provides 136 more calories today than it did in the 1970s and just why two-thirds of the united states is now overweight or obese. That' The top brass at any restaurant knows that the more food that goes onto the plate, the more drastically the clients will underestimate the caloric heft. Because people maintain buying.50 Great Restaurant Meals under 500 Calories · series to target solely on burger shacks, pizza parlors, pasta joints, breakfast diners, Mexican cantinas, Chinese eateries, drive-thrus, and espresso shops. And why would restaurants perform such a thing?Restaurant Report Card: America' s the first reserve in the Eat This, Not That!The Menu Decoder: rules for navigating any menu in the country · The Buffet Survival Information· THE BRAND NEW Rules of EATING DINNER OUT ·s Best and Worst Restaurants ·Additional features in Eat This, Not That! Cash- (and Calorie-) Saving Guidebook to Making Your Favorite Restaurant Meals— Packed with tips on everything from navigating neighborhood restaurant menus to making smart choices in the drive-thru to slicing cash and calories at the country'in the home!s largest chain restaurants, Eat This, Not That! Restaurant Survival Guide is the indispensable encyclopedia to the world of eating out.



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It's such as a pocket dictionary for food, but larger! Informative and readable. I learned a lot from the Eat This Not That publication that my sister bought me. I ordered that one, Restaurant Survival Instruction, for her son because he mainly eats fast foods. He mentioned that the book is missing some fast foods, but I picture this will always be the case since new products are always developing. I've used it out at times and folks think I'm nuts. In addition to this, these books possess sections on the fundamentals of food nutrition. Live content and eat right! Dining out! Not absolutely all of my presses will keep it. Would recommend. The quality recipes are delicious. Quality of print. We need teaching now and then since lifestyles are so very different from when I was a child. Family meals jointly and house cooked. Since I've acquired it, I have already been much more aware of what I eat and put even more effort into consuming food that has real vitamins and minerals. These books are easy to read and well illustrated with basic recipes and suggestions. I never had a weight problem until all that finished with lifestyle changes. than this more specific 'restaurant' version. Little changes, big, healthy weight loss. Received promptly. Helpful This book is a helpful guide on how best to eat healthier without giving up the ease and capability of going out to consume. It's easy to follow and provides many good suggestions and secrets to remember. I love it! My only complaint is usually that there are some places listed that don't apply to where I live. Obviously, the authors were just doing their best by adding the major meals establishments, nationwide. ? Great info, Very helpful I heard about the "Eat This, Not That " books and decided to order the 'cafe survival' one since I am on the highway traveling a whole lot. Otherwise, an excellent buy. These books are the very best. I have already been attempting to lose weight but not had the willpower/motivation to do so. Would recommend. My daughter lost two pounds in a week or two by just changing her yogurt to the Greek yogurt and her breakfasts from what these books suggested. These are great books because I could easily look at the images (best meals choices on left hand pages, worst food choices on right hand pages) to make better food choices. I inform them and suggest everything enough time. The recommendations are common sense. The print is indeed small and color on color helps it be impossible to learn. It's to different for me to remember. Maybe they could do one by area next. I found the book very useful, informative and an easy task to go through/flip through. No snack foods and snack items kept in the house. Best publication ever! This publication is a good start in the proper direction! I also bought the "Eat This, Not really That 2010" and it is also great. The 2010 version has a lot more info like what to eat at Thanksgiving, what things to buy at the supermarket, etc.... This restaurand one is a treasure. In case you are only likely to buy one--you is going with "Eat This, Not really That 2010". (it's got a yellow cover and has pizza onto it).Good luck!! So excellent that someone stole it from me I wish I still had it to help guidebook me to the healthier items when We eat out. Four Stars Interesting book. Already knew most of this information Interesting comparisons Just ok Informative Informative Five Stars helpful Five Stars Great info! Wow. How could that not really be good? Just needlessly to say. I need this in an app, though!



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