

Did you know the average dinner from a chain restaurant costs nearly \$35 a person and contains more than 1,200 calories? That's hard on your wallet and your waistline, and few people understand this better than the authors of *Eat This, Not That!* After years of helping consumers navigate America's daunting culinary landscape and literally thousands of weight-loss success stories Dave and Matt have finally turned their nutritional savvy to the place with the greatest impact your kitchen. The hundreds of recipes contained inside this book will help you and your loved ones eliminate body fat, get in shape, and lead fitter, happier lives. But make no mistake this is no rice-and-tofu cookbook. The genius of *Cook This, Not That!* is that it teaches you how to save hundreds sometimes thousands of calories by recreating America's most popular restaurant dishes, including Outback Steakhouse's Roasted Filet with Port Wine Sauce, Uno Chicago Grill's Individual Deep Dish Pizza, and Chili's Fire Grilled Chicken Fajita. Alongside this you'll find other priceless advice, such as: The 37 Ways to Cook a Chicken Breast, A Dozen 10-Minute Pasta Sauces, The Ultimate Sandwich Matrix, and other on-the-go cooking tips. Scorecards that let you easily compare the nutritional quality of the carbohydrates, fats, and proteins that go into building every meal you eat. The truth about how seemingly healthy foods such as wheat bread, salmon, and low-fat snacks are secretly sabotaging your health.

Honor and Betrayal: The Untold Story of the Navy SEALs Who Captured the Butcher of Fallujah--and the Shameful Ordeal They Later Endured, Medical research in the Veterans Administration (Volume 7), Teshuvah - The Shaping of Our Life (Salvation Comes) (Volume 4), ORIGINAL PRINTED PATENT APPLICATION NUMBER 6,499 FOR IMPROVEMENTS IN ADVERTISING APPARATUS. [1910], Laufen - Das Trainingsbuch: Das perfekte Fitnesstraining - mit Videos (German Edition), Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon [Paperback] [2012] (Author) Danny Dreyer, Katherine Dreyer, daz geschach mir durch ein schouwen: Wahrnehmung durch Sehen in ausgewählten Texten des deutschen Minnesangs bis zu Frauenlob (Europäische ... Universitaires Europeennes) (German Edition), Restructuring Banking and Financial Services in America (AEI Studies), The Case of the Swirling Killer Tornado (Hank the Cowdog),

Cook This, Not That! has ratings and 79 reviews. Marvin said: Whoa! Big surprise here. Like all the *Eat This, Not That!* books, it is brassy, glossy.

New York (December 29,) Bestselling authors David Zinczenko and Matt Goulding introduce *Cook This, Not That!*, the first cookbook in the popular *Eat This, Not That!*: Kitchen Survival Guide at todrickhall.com *Cook This, Not That!* It also guides cooks to create healthier, cheaper versions of dishes from restaurants such as The Cheesecake Factory and Chili's. Cook. Find out more about *Cook This, Not That!* Kitchen Survival Guide by David Zinczenko, Matt Goulding at Simon & Schuster. Read book reviews & excerpts, watch.

The NOOK Book (eBook) of the *Cook This, Not That!* Kitchen Survival Guide: The No-Diet Weight Loss Solution by David Zinczenko, Matt.

Collection of recipes for the "no diet weight-loss solution".

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