



Cook This, Not That!: Hundreds of quick & healthy meals that can save you 10, 20, 30 pounds--or more!

David Zinczenko, Matt Goulding

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Millions of Americans have lost tens of millions of unwanted pounds with the simple restaurant and supermarket swaps in *Eat This, Not That!* Now, the team behind the bestselling series turns its nutritional savvy to the best place in the world for you to strip away extra pounds, take control of your health, and put money back in your own pocket: your own kitchen.

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 David Zinczenko and Matt Goulding. Their response: Learn to cook all your favorite restaurant food at home—and watch the pounds disappear!

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. Other priceless advice includes:

- 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 allow you to easily compare the nutritional quality of the carbohydrates, fats, and proteins in every meal you eat
- The truth about how seemingly healthy foods, such as wheat bread, salmon, and low-fat snacks, may be secretly sabotaging your health

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