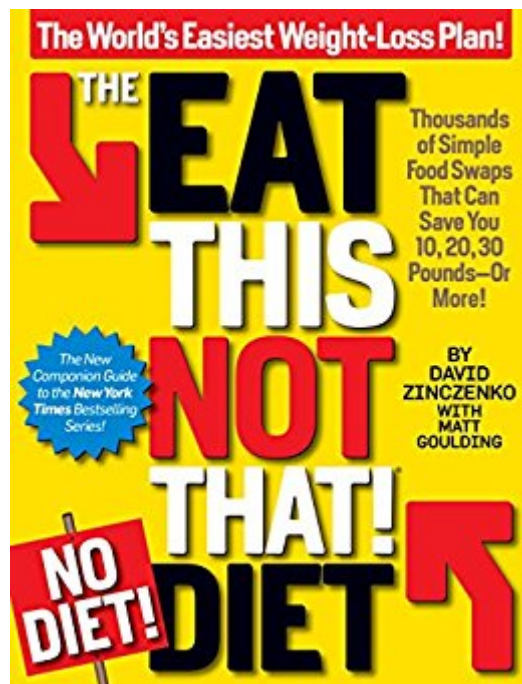


The book was found

The Eat This, Not That! No-Diet Diet: Thousands Of Simple Food Swaps That Can Save You 10, 20, 30 Pounds--or More!



Synopsis

David Zinczenko and Matt Goulding build on the success of their wildly popular Eat This, Not That! series to create a complete morning-to-night, 365-day eating plan that will have you enjoying all your favorite foodsâ”and help you shed pounds with ease. Â Imagine a diet plan that lets you eat at Burger King, McDonaldâ”s, Dunkinâ” Donuts, and Olive Gardenâ”and still strip away 10, 20, even 30 pounds or more. A diet plan that lets you order takeout pizza, whip up a box of macaroni and cheese, even reach into the freezer section for ice creamâ”and never worry about gaining weight or going hungry. A diet plan that lets you enjoy your most indulgent comfort foods whenever you wantâ”and actually teaches you how to eat them more often! The Eat This, Not That! No-Diet Diet is the easiest, most revolutionary weight-loss plan ever created. Â Whether youâ”re in the drive-through, the family restaurant, the supermarket aisle, or your own kitchen, you make dozens of decisions every day that affect your weight and your health. Now, those decisions will be a breeze. Â Dana Bickelman of Waltham, Massachusetts, lost 70 pounds in one year, while still enjoying her favorite restaurants: Dunkinâ” Donuts and Olive Garden. âœBoys want to say hi to me now, and thatâ”s awesome,â” she exclaims. âœIâ”ve never had this kind of attention before, and itâ”s wonderful.â” Â Michael Colombo of Staten Island, New York, lost 91 pounds in less than 9 months, while eating his favorite McDonaldâ”s sandwichesâ”and skipping products labeled as âœhealth food.â” âœItâ”s a lot easier than [I] thought,â” he says. âœMy confidence has skyrocketed.â” Â Erika Bowen of Minneapolis, Minnesota, dropped 84 pounds in 17 months, just by shopping smarter in the supermarket. âœThere was a time when I refused to wear tank tops,â” she says. âœBut now Iâ”m very comfortable in my own skin, and Iâ”m wearing things Iâ”d never have worn before.â” Â No matter where you are or what you crave, youâ”ll be stunned to discover how easy losing weight can be.

Book Information

File Size: 212751 KB

Print Length: 352 pages

Publisher: Galvanized Books; 1 edition (November 4, 2014)

Publication Date: November 4, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00OWWOMME

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #127,458 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #47

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Food

Counters #124 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

#366 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition

Customer Reviews

Okay - off all the crazy "diet" plans out there this makes sense and is really what doctors have been preaching for years. Basically you need to eat a healthy diet. For most of us we aren't really sure what that is anymore. Is it low fat or low carb? Maybe sugar-free is the way to go. This book helps break it down to what is the best food to eat in very real world terms. Example: It tells you the best and worst cereal choices. Same goes for rice, bread and so on. Also, the book really helps on the eating out front - which we all do. Give me a break. Any diet that I can't eat out on is doomed to fail. The author goes through the best choices at most major food chains. There are also several phone apps that you can install on your phone. I haven't personally done this yet, so I cannot vouch for them. I did look at them online and plan to buy in the next week. So overall, I think this is a helpful read and would purchase it again. The price is a little steep, but we all have to decide what we are willing to spend. Happy reading.

For 40 years I have tried diet after diet for weight management. I lose the extra pounds and then they come right back with friends. When I turned to *Eat This Not That* and just substituted lower calorie choices and smaller portions the weight started to melt off. Five pounds a month for over a year. After all I didn't gain over 60 pounds in a couple of months. With diets I always craved what was forbidden. With this plan my tongue was happy and my belly was happy. It's easy except for thinking before you choose. If you indulge you just trim consumption somewhere else.

I am happy that I ordered "*Eat This Not That Diet book*". I have read and re-read all the food items, marked which ones I know I need to make a better choice. I have made some not so good choices of what to eat and what not to eat. This is a book that is on my Kindle so I can refer to it when I want. I highly recommend this book!

Great book that gives so many options you cannot fail. the "no diet, diet " that you can live with. I just finished the book and I am planning my shopping list to start Monday morning! However, I have noticed my selections in fast food changed as I was reading it.T,C,

This book offers nothing new in the way of dieting. You would be better off to purchase a normal eat this, not that book and apply the information in there to basic healthy eating principles. I like these books but feel duped into thinking i was going to get useful info not acquired in the regular Eat this, not that books.

Wish I had a way to have a pocket size of each "cheat" sheet for when I am out and eating on the run! Very informative and opened my eyes to some of the fast food pitfalls! Highly recommend if you are looking for easier ways to cut calories

This is a great book for all of us who don't have the time or patience to follow a strict diet. I carry it with me even when I'm traveling.

I have a couple of the books by David Zinczenko and this one is the best one yet Lots of great tips and the breakdown of on-the-go,supermarket and at home choices is very helpful. Carry it with me all the time when I'm planning on eating out.

[Download to continue reading...](#)

The Eat This, Not That! No-Diet Diet: Thousands of simple food swaps that can save you 10, 20, 30 pounds--or more! The Waste Not, Want Not Cookbook: Save Food, Save Money and Save the Planet The Negative Calorie Diet: Lose Up to 10 Pounds in 10 Days with 10 All You Can Eat Foods ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) MAKE THOUSANDS OF DOLLARS (OR MORE) ON DRAFT KINGS AND FAN DUEL: I DID IT, NOW YOU CAN TOO. Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss))

Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Skinny Bitch Book of Vegan Swaps 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) How to Make Patent Drawings: Save Thousands of Dollars and Do It With a Camera and Computer! DIY Patent Online ebook, How to write a patent and file it in the UK, US, EU, CA, AU. Patent it yourself and save thousands. Vegan Eating: 31 Steps to Become a Vegan: It is not Just About the Food - You Want to Be Healthy, Fit and Change your Diet. Here's How you do It (Health, Vegan Food, Green and Lean) The Fast Metabolism Diet Cookbook: Eat Even More Food and Lose Even More Weight Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) The Free eBay Products Worth Thousands that You Can Sell Today: Jump-start Your Online Selling Career with the Surprisingly Valuable Merchandise Lying Around Your Home What Your Doctor May Not Tell You About(TM): Breast Cancer: How Hormone Balance Can Help Save Your Life Roulette Rockstar: Want To Win At Roulette? These 3 Simple Roulette Strategies Helped An Unemployed Man Win Thousands! Forget Roulette Tips You've Heard Before. Learn How to Play Roulette and Win!

[Dmca](#)