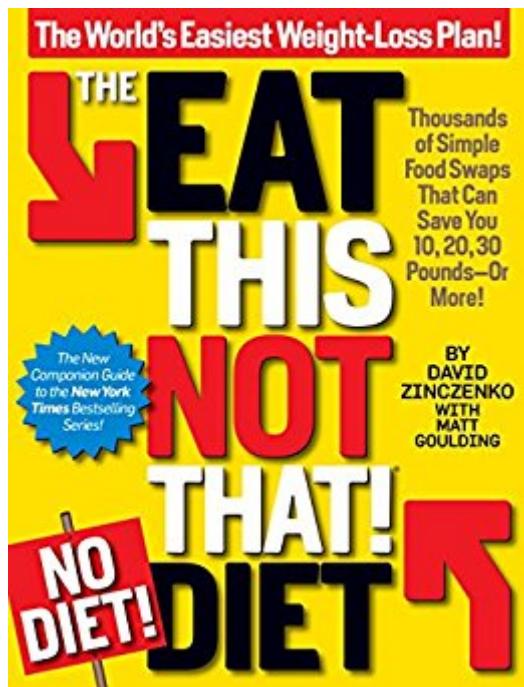


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# The Eat This, Not That! No-Diet Diet: Thousands Of Simple Food Swaps That Can Save You 10, 20, 30 Pounds--or More!



## 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. â œBoys want to say hi to me now, and thatâ "s awesome,â • she exclaims. â œIâ "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 â œhealth food.â • â œItâ "s a lot easier than [I] thought,â • he says. â œMy confidence has skyrocketed.â • Â Erika Bowen of Minneapolis, Minnesota, dropped 84 pounds in 17 months, just by shopping smarter in the supermarket. â œThere was a time when I refused to wear tank tops,â • she says. â œBut 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

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## **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.

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