



Cook This, Not That! Skinny Comfort Foods: 125 quick & healthy meals that can save you 10, 20, 30 pounds--or more!

David Zinczenko, Matt Goulding

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The best-selling weight-loss series that ranks readers' favorite restaurant fare now empowers readers to lose weight with recipes for satisfying meals made at home.

Studies show that when people eat out they consume hundreds more calories than they would if they ate at home. So it stands to reason that cooking and eating more meals at home is one of the easiest and most effective strategies to lose belly fat. That's why the authors who have helped millions order smarter at restaurants now extend their life-altering advice to America's kitchens.

Cook This, Not That! Skinny Comfort Foods is not a typical cookbook. While it has recipes and ingredients lists, it delivers much more—an intelligent (and tasty) strategy for controlling the number of calories readers consume. By starting with the best ingredients and the right plan, cooks of any skill level can create delicious meals that actually help them burn more body fat. Best of all, these recipes produce traditional comfort foods like macaroni and cheese, juicy burgers, pizzas, grilled cheese sandwiches—even chocolate chip cookies.

Here's the logic: if these foods satisfy their hunger and taste buds, readers will be far less likely to rush for a bag of chips or tub of ice cream two hours after dinner.

Cook This, Not That! books have reintroduced hundreds of thousands of people to the joy of cooking by making meal preparation fast and easy and by showing them that they can achieve restaurant tastes right in their own kitchens for a lot less money and much fewer calories.

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From reader reviews:

Donna Casey:

Spent a free time to be fun activity to complete! A lot of people spent their free time with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? May be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the guide untitled Cook This, Not That! Skinny Comfort Foods: 125 quick & healthy meals that can save you 10, 20, 30 pounds--or more! can be very good book to read. May be it can be best activity to you.

Thomas Stewart:

Playing with family in a park, coming to see the ocean world or hanging out with good friends is thing that usually you may have done when you have spare time, subsequently why you don't try matter that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Cook This, Not That! Skinny Comfort Foods: 125 quick & healthy meals that can save you 10, 20, 30 pounds--or more!, you could enjoy both. It is great combination right, you still would like to miss it? What kind of hangout type is it? Oh can happen its mind hangout folks. What? Still don't have it, oh come on its referred to as reading friends.

Wesley Powell:

Is it you who having spare time after that spend it whole day by simply watching television programs or just lying on the bed? Do you need something totally new? This Cook This, Not That! Skinny Comfort Foods: 125 quick & healthy meals that can save you 10, 20, 30 pounds--or more! can be the reply, oh how comes? A fresh book you know. You are so out of date, spending your spare time by reading in this completely new era is common not a nerd activity. So what these textbooks have than the others?

Ryan Parker:

A number of people said that they feel bored stiff when they reading a book. They are directly felt it when they get a half elements of the book. You can choose the actual book Cook This, Not That! Skinny Comfort Foods: 125 quick & healthy meals that can save you 10, 20, 30 pounds--or more! to make your reading is interesting. Your personal skill of reading expertise is developing when you similar to reading. Try to choose simple book to make you enjoy to study it and mingle the opinion about book and looking at especially. It is to be very first opinion for you to like to wide open a book and learn it. Beside that the guide Cook This, Not That! Skinny Comfort Foods: 125 quick & healthy meals that can save you 10, 20, 30 pounds--or more! can to be your brand-new friend when you're feel alone and confuse in doing what must you're doing of their time.

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