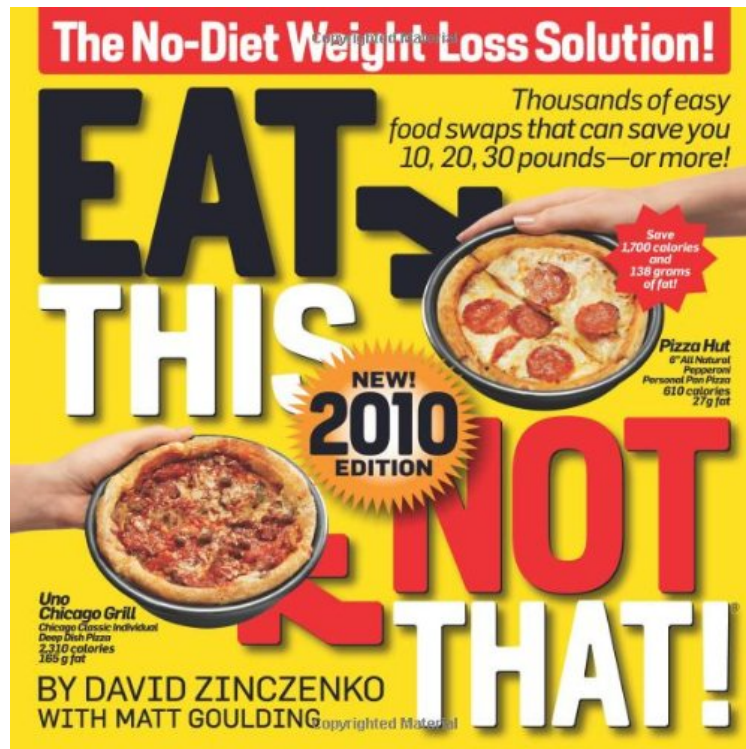


Eat This Not That! 2010: The No-Diet Weight Loss Solution

David Zinczenko, Matt Goulding

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David Zinczenko, Matt Goulding : Eat This Not That! 2010: The No-Diet Weight Loss Solution before purchasing it in order to gauge whether or not it would be worth my time, and all praised Eat This Not That! 2010: The No-Diet Weight Loss Solution:

1 of 1 people found the following review helpful. Great book teaching guide. Will not disappoint! By lipslashes I had been searching for a quick reference book to aid me with making healthy choices when eating. This book was very helpful, easy to use I highly recommend it. This book breaks things down into categories that make it easy when making choices in a particular food category. This enables you, over time, to learn the difference about food choices creates a lifestyle change. Don't think of this as a "diet" book, but rather a learning tool. I have loaned my book out various times helped many friends learn how to make healthier choices. As a result, many have purchased this book also it became a domino effect lol. Love this book still use it as a refresher often. Will be looking to see if an updated version has been published. 2 of 2 people found the following review helpful. It's Great but... By JediByt3 The book itself is great.... BUT... A lot of the pages are made up of graphics. On a Google Nexus 7, no matter what I do through Kindle to change the text size on the Graphics, it won't. I can't even pinch zoom in to it.... :(When I enlarge the text, the only thing that would be enlarged is the actual text of the book but nothing on graphics. I wish you guys could update this digital book to be able to change the text size on the graphics so that I can read what it says on the captions on these graphic pages. Just a request. Thank you. 3 of 3 people found the following review helpful. Good Resource By Katiedid This book is a good resource for someone that's always "on the go". It provides nutritional information on some of the most common fast food choices. The small size of the book makes this easy for me to put in my purse or

backpack. If I am hungry and the only options are fast food, I like knowing that there is a health(ier) choice for me to pick. Yea, it's not health food, but it's not all bad either. I think the people who are giving this book bad reviews are missing the point - this is a resource for you to use when you go out to eat or don't have time to cook something from scratch. This is not a diet book. This book does not encourage you to eat out or eat "junk food". This book provides you with the information you need to know in order to make informed choices about what to order the next time you eat out or need to purchase a pre-made meal for the family dinner. I purchased this book in addition to the "Eat This, Not That" Supermarket Survival guide. The books compliment one another. I now feel confident that the choices that I make are healthier and affordable.

Eat All Your Favorite Foods And Watch the Pounds Disappear!

What the restaurant industry is saying about Eat, This Not That! 2010: Eat This, Not That! provides its readers with a great service. Romano's Macaroni Grill evaluated every item on its menu for flavor and nutritional responsibility. In fact, one of the previous recipes that needed dramatic improvement, a Scallop Salad, appeared on the Eat This, Not That! segment of the March 9, 2009, Today Show. An improved Seared Sea Scallops Fresh Spinach Salad recipe was introduced shortly thereafter in June 2009, that contains 85% less Saturated Fat and 66% fewer Calories.--Romano's Macaroni Grill - CEO Brad Blum Eat This, Not That! has always been an industry leader in providing healthy eating/healthy living advice to diners. In order to satisfy customer demand for great tasting, on-the-go food for a healthy lifestyle, Jamba Juice has introduced several new menu options in 2009 including slow cooked oatmeal...and Grab 'n Go wraps, salads and sandwiches that contain no artificial flavors, no preservatives and no high fructose corn syrup. With Eat This, Not That! 2010, you'll never diet, never go hungry and never worry about your weight again!-- Jamba Juice - CEO James White