

The book was found

Cook This, Not That! Easy & Awesome 350-Calorie Meals



Synopsis

Tired of always being too hungry (and tired!) to make smart food choices? Ever wonder why the less food you try to eat, the more fat you seem to gain? Ready to start enjoying all your favorite foods and never see an ounce of weight gain? *Cook This, Not That! Easy & Awesome 350-Calorie Meals* is the ultimate cookbook for people who love to eat—even if they don't love to cook. The authors of the best-selling diet and weight loss series *Eat This, Not That!* teach you how easy it is to turn the expensive and unhealthy foods in America's restaurants into fat-blasting superfoods that cost just pennies—and take just minutes to make!

Can you believe it? * At Olive Garden, an order of Chicken Parmigiana will cost you half a day's calories—and a day and a half's worth of sodium! Cook our Chicken Parm recipe at home and save 730 calories and \$9.94! * At T.G.I.Friday's, a Santa Fe Chopped Salad carries a whopping 1,800 calories—the equivalent of three Pepperoni Personal Pan Pizzas from Pizza Hut! (You call that a salad???) Try the *Cook This, Not That!* home version and save 1,460 calories! * Hungry for a panini? At Panera Bread, the Italian Combo on Ciabatta comes loaded with more than 1,000 calories and a side of 45 grams of fat! (In less time than it takes to order their version, you can whip up ours and save 690 calories) With this illustrated guide to hundreds of delicious, simple, lightning-quick recipes—along with the nutrition secrets that lead to fast and permanent weight loss—you'll make the smartest choices for you and your family every time.

Additional features in *Cook This, Not That: Easy & Awesome 350-Calorie Meals* include:

- A step-by-step illustrated guide to every cooking technique you'll ever need to know
- The 50 Best Foods in the Supermarket
- The Milk Shake Matrix
- The Rules of the Grill
- 12 Ways to Better a Burger
- The World's Best Condiments
- And more!

Book Information

Paperback: 352 pages

Publisher: Rodale Books; Original edition (October 12, 2010)

Language: English

ISBN-10: 1605291471

ISBN-13: 978-1605291475

Product Dimensions: 6.5 x 0.6 x 6.6 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.5 out of 5 stars— See all reviews (272 customer reviews)

Best Sellers Rank: #54,246 in Books (See Top 100 in Books) #61 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #72 in Books > Health, Fitness & Dieting > Diets

& Weight Loss > Low Fat #218 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

I've owned this book for about a eight weeks now and have cooked at least a half dozen of the recipes. All turned out very good. I'm an experienced cook and don't need a lot of direction to know how to follow a recipe, and I'm not sure if that affected the outcome. Regardless, the recipes are nicely thought out, and presented in a way that gets them on the table fairly quickly. Despite liking the book, I do have a couple of concerns. I don't want to repeat what other reviewers have said, so please read those reviews if this strikes a chord with you: The calorie counts and comparisons with restaurant meals are not accurate comparisons. The book generally compares one serving from the book's recipes, which are usually four servings, with the entire restaurant entree, which is often as large as the book's entire recipe, and certainly more than the single serving size the book recommends. I get it---the authors want us to watch not only what we eat, but how much we eat. Good advice, but they shouldn't rig the comparisons in such a disingenuous way. Still though, the recipes are good, and I believe that people need to take personal responsibility for portion control. If some fuzzy math in the book causes people to make better decisions and feel good about it, I can live with that. Even though this book looks slick, it feels like a self-published book in serious need of a good editor. Now that I've cooked recipes, AND LIKE THEM, I can't find a darn thing in the index. For example, there are two salmon recipes that I like. Is salmon a category in the index? Not a chance. Okay, let's go to fish, which does exist, but there's no sub-section for salmon.

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

Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) Cook This, Not That! Easy & Awesome 350-Calorie Meals Awesome Memes: An Ebook with the most Awesome Memes. Healthy Instant Pot (6 in 1): Low-Calorie Meals to Help Your Diet Plans (Low-Carb Budget-Friendly Meals) Dump Dinners Cookbook: Quick & Easy Dump Dinner Recipes for the Busy Home Cook (Dump Dinners, Dump Dinners Cookbook, Dump Dinner Recipes, Slow Cooker Recipes, ... Recipes, Crockpot Meals, Meals For One) Microwave Meals (5 in 1): No-Mess Quick and Easy Microwave Recipes, Mug Meals and Mug Desserts to Cook in No Time Mason Jar Meals: Quick, Easy & Healthy Mason Jar Meal Recipes For Busy People: Cooking For One with Meals In A Jar (mason jar, mason jar recipes, mason ... jar recipes, jar meals, mason jar salads) Low Carb Freezer Meals: 30 Healthy Meals to Choose and Prepare in One Day for the Whole Week

to Save Your Time and Money (Microwave Cookbook & Quick and Easy Meals) Slow Cooker Freezer Meals: 30 Best Tasting Slow Cooker Freezer Meals In 3 Hours: (Freezer Recipes, 365 Days of Quick & Easy, Make Ahead, Freezer Meals) ... cookbook for two, dump dinners cookbook) Diabetic Cookbook (A Beginner's Guide):: Quick, Easy-to-Cook Diabetes Diet for a Simple Start: High Fiber, Low Calorie, Carb and Cholesterol Cookbook: To Help Prevent and Reverse Diabetic Healthy Slow Cooker Recipes: 25 Quick, Easy and Low-Calorie Recipes For Guilt-Free Meals Diabetes Diet: The Essential Guide: The Step By Step Guide To Reverse Diabetes© with over 350+ Delicious Recipes & One Full Month Diabetic Meal Plan (Diabetes Cure Cook Book) CROCKPOT DUMP MEALS: Delicious Dump Meals, Dump Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) Best of Authentic Meals Box Set (6 in 1): Chinese, Japanese, Korean, Italian Recipes, Traditional Southern and Amish Meals (Authentic Meals & Traditional Recipes) Low-Carb Freezer Meals Box Set (6 in 1): Healthy Meals to Choose and Prepare in One Day for the Whole Week (Low Carb & Microwave Meals) Oven-Baked Meals Box Set (4 in 1): Discover Meals and Recipes You Can Make with Your Toaster Oven, Sheet Pan and Dutch Oven (Cozy Meals for Busy People) Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) CROCK POT: Over 1825 Crock Pot Dump Meals and Dump Dinner Recipes (Crock Pot, Dump Meals, Dump Dinners, Freezer Meals, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot Chicken Recipes) Slow Cooker: Low Carb: 142 Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 3rd Edition (Low Carbohydrate, Easy Meals, ... Meals, Low Carb Cookbook, Weightloss) The VB6 Cookbook: More than 350 Recipes for Healthy Vegan Meals All Day and Delicious Flexitarian Dinners at Night

[Dmca](#)