



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:

Ira Gonzalez:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their sparetime with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Would you like 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'll ask may be what kinds of book that you should read. If you want to try 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 fine book to read. May be it can be best activity to you.

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Joy Becker:

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