Google Drive



Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution

David Zinczenko, Matt Goulding

Download now

Click here if your download doesn"t start automatically

Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution

David Zinczenko, Matt Goulding

Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution David Zinczenko, Matt Goulding

Americans spend more than $500 billion a year eating out, and behind each burger, turkey sandwich, and ice cream sundae is a simple decision that could help you control your weight--and your life. The problem is, restaurant chains and food producers aren't interested in helping you make healthy choices. In fact, they invest $30 billion a year on advertising, much of it aimed at confusing eaters and disguising the fat and calorie counts of their products.

Thankfully *Eat This, Not That! Restaurant Survival Guide* - by David Zinczenko with Matt Goulding - is here to help. It's the first book in the *Eat This, Not That!* series to focus solely on burger shacks, pizza parlors, pasta joints, breakfast diners, Mexican cantinas, Chinese eateries, drive-thrus, and coffee shops. With in-depth coverage of 80 of the biggest restaurant chains in the country, it arms you with the information you need to take control of your diet and sidestep the egregious calorie-landmines that are secretly sabotaging your chances of losing weight. And why would restaurants do such a thing? Because people keep buying. The top brass at any restaurant knows that the more food that goes onto the plate, the more drastically the customers will underestimate the caloric heft. That's why the average cheeseburger has 136 more calories today than it did in the 1970s and why two-thirds of the country is now overweight or obese.

Additional features in *Eat This, Not That! Restaurant Survival Guide* include:
· Restaurant Report Card: America's Best and Worst Restaurants
· The Menu Decoder: rules for navigating any menu in the country
· The Buffet Survival Guide
· The New Rules of Eating Out
· 50 Great Restaurant Meals under 500 Calories
· Money- (and Calorie-) Saving Guide to Making Your Favorite Restaurant Meals?at Home!

Loaded with tips on everything from navigating neighborhood restaurant menus to making smart choices in the drive-thru to cutting cash and calories at the country's largest chain restaurants, *Eat This, Not That! Restaurant Survival Guide* is the indispensable encyclopedia to the world of eating out.

Download Eat This Not That! Restaurant Survival Guide: The ...pdf

Read Online Eat This Not That! Restaurant Survival Guide: Th ...pdf

Download and Read Free Online Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution David Zinczenko, Matt Goulding

---

From reader reviews:

Richard Dunn:

What do you concentrate on book? It is just for students since they are still students or that for all people in the world, what the best subject for that? Only you can be answered for that problem above. Every person has diverse personality and hobby for each and every other. Don't to be compelled someone or something that they don't wish do that. You must know how great and also important the book Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution. All type of book is it possible to see on many solutions. You can look for the internet methods or other social media.

John Charlie:

Information is provisions for individuals to get better life, information nowadays can get by anyone in everywhere. The information can be a understanding or any news even a problem. What people must be consider any time those information which is in the former life are challenging be find than now is taking seriously which one is acceptable to believe or which one the resource are convinced. If you get the unstable resource then you obtain it as your main information we will see huge disadvantage for you. All those possibilities will not happen in you if you take Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution as the daily resource information.

Federico Hayward:

Do you like reading a guide? Confuse to looking for your selected book? Or your book has been rare? Why so many query for the book? But any people feel that they enjoy to get reading. Some people likes reading, not only science book and also novel and Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution or even others sources were given know-how for you. After you know how the great a book, you feel wish to read more and more. Science publication was created for teacher as well as students especially. Those publications are helping them to add their knowledge. In additional case, beside science publication, any other book likes Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution to make your spare time more colorful. Many types of book like here.

Debra Daniel:

Book is one of source of expertise. We can add our knowledge from it. Not only for students but additionally native or citizen require book to know the change information of year in order to year. As we know those ebooks have many advantages. Beside most of us add our knowledge, can bring us to around the world. By book Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution we can acquire more advantage. Don't that you be creative people? Being creative person must prefer to read a book. Only choose the best book that acceptable with your aim. Don't end up being doubt to change your life with this book Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution. You can more desirable than now.

Download and Read Online Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution David Zinczenko, Matt Goulding #VNG9C8LQWBX

Read Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution by David Zinczenko, Matt Goulding for online ebook

Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution by David Zinczenko, Matt Goulding Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution by David Zinczenko, Matt Goulding books to read online.

Online Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution by David Zinczenko, Matt Goulding ebook PDF download

Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution by David Zinczenko, Matt Goulding Doc

Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution by David Zinczenko, Matt Goulding Mobipocket

Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution by David Zinczenko, Matt Goulding EPub