



# Cook This, Not That!: Kitchen Survival Guide

*David Zinczenko, Matt Goulding*

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Did you know the average dinner from a chain restaurant costs nearly \$35 a person and contains more than 1,200 calories? That's hard on your wallet and your waistline, and few people understand this better than the authors of *Eat This, Not That!* After years of helping consumers navigate America's daunting culinary landscape – and literally thousands of weight-loss success stories – Dave and Matt have finally turned their nutritional savvy to the place with the greatest impact – your kitchen. The hundreds of recipes contained inside this book will help you and your loved ones eliminate body fat, get in shape, and lead fitter, happier lives.

But make no mistake – this is no rice-and-tofu cookbook. The genius of *Cook This, Not That!* is that it teaches you how to save hundreds – sometimes thousands – of calories by recreating America's most popular restaurant dishes, including Outback Steakhouse's Roasted Filet with Port Wine Sauce, Uno Chicago Grill's Individual Deep Dish Pizza, and Chili's Fire Grilled Chicken Fajita. Alongside this you'll find other priceless advice, such as:

- The 37 Ways to Cook a Chicken Breast, A Dozen 10-Minute Pasta Sauces, The Ultimate Sandwich Matrix, and other on-the-go cooking tips.
- Scorecards that let you easily compare the nutritional quality of the carbohydrates, fats, and proteins that go into building every meal you eat.
- The truth about how seemingly healthy foods such as wheat bread, salmon, and low-fat snacks are secretly sabotaging your health.

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