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# 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

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& 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.

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