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GRILL THIS - NOT THAT (The No-Diet Weight Loss Solution)

M. Goulding D. Zinczenko

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GRILL THIS - NOT THAT (The No-Diet Weight Loss Solution) M. Goulding D. Zinczenko Hardcover Illustrated edition The NO-DIET Weight Loss Solution. Quick and easy meals that can save you 10, 20, 30 pounds - or more! Bestselling authors David Zinczenko and Matt Goulding return with the latest in their blockbuster series, Eat This, Not That! With a ravenous fan base clamoring for even more healthy, affordable options, Zinczenko and Goulding team up again to redefine America's favorite pastime: the backyard BBQ. This newest weight-loss weapon teaches readers how to strip hundreds, even thousands of calories from their diets--and save hundreds of dollars a week--using healthy grilling techniques, mouth-watering marinades, and savvy strategies to recreate their favorite foods. There are more than 125 recipes for everyone's indulgent yet low-calorie favorites (yes, even ribs and cheeseburgers!). Packed with cool tips, industry secrets, and essential nutrition information, Grill This, Not That! is a must-have for anyone looking to save money, time, and calories and become the ultimate boss of their barbeque.

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