



# Cook This, Not That! World's Greatest Weight Loss Recipes

*David Zinczenko, Matt Goulding*

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**Cook This, Not That! World's Greatest Weight Loss Recipes** David Zinczenko, Matt Goulding  
**From the bestselling authors of *Eat This, Not That!* comes a proven new plan to help you save money and lose 10, 20, 30 pounds or more!**

In *Cook This, Not That! World's Greatest Weight Loss Recipes*, David Zinczenko and Matt Goulding provide an easy-to-use program featuring family-friendly dishes you can make in minutes! Imagine:

- **Lose weight with cheese fries!** This 20-minute recipe will save you 1,550 calories (and a trip to the mall). Do this once a week and lose 23 pounds this year!
- **Save 900 calories with macaroni and cheese.** Discover a delicious recipe that beats the best restaurant fare in America!
- **Slim down with spicy Buffalo Wings!** Save more than 1,000 calories and \$9 every time you indulge yourself with this recipe.
- **Save 1,628 calories** and \$6.74 with an incredible blender drink that tastes just like Smoothie King's popular Hulk. (Make this twice a week and put \$700 in your pocket this year—while stripping 48 pounds off your waist!)
- **Drop 23 pounds this year—by eating ribs.** Our Smoky Ribs with Peach BBQ Sauce will save you 1,520 calories and more than \$14.
- **Save 810 calories with sausage lasagna.** Recreate this popular dish from Olive Garden!

With *Cook This, Not That! World's Greatest Weight Loss Recipes*, you'll be ready to strip away fat, save hundreds of dollars, and cook your way to a perfect, lean, and chiseled physique.

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