

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



BOOK DETAILS

- Author : David Zinczenko
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BOOK SYNOPSIS

You can burn fat and sculpt the body you've always wanted—and even save money in the process—without dieting. All you need is the insider's guide to smart, healthy, low-cost food choices. And now, the right choices are simple! From the produce section to the frozen-food aisle, the modern supermarket is loaded with 50,000 food choices, all vying for your hard-earned money. No wonder it's hard to know what to buy. But with *Eat This, Not That! Supermarket Survival Guide*, the smart answers are right in your hands. No more fake "healthy" foods. No more rip-off supermarket "bargains." No more disappointing meals. And most important of all, no more extra pounds! Did you know: *A cup of Quaker 100% Natural Granola Oats, Honey, and Raisins contains more calories than 8 chicken wings? (Save 280 calories a day by switching to our preferred choice) *Choosing Rice Krispies Treats over Nutri-Grain Cereal Bars will cut your sugar and calorie intake nearly in half? (With this switch, you could lose a pound every 7 weeks!) *Regular bacon is actually better for you than turkey bacon? (Find other deceptive "healthy" foods and the delicious ones you should be eating instead. With this simple illustrated guide to thousands of foods—along with the nutrition secrets that lead to fast and permanent weight loss—you'll make the smartest choice for you and your family, every time! Additional features in *Eat This, Not That! Supermarket Survival Guide* include: 6 Supermarket Shopping Strategies 11 Secrets the Food Industry Doesn't Want You to Know The 20 Worst Packaged Foods in America Master the Produce Aisle: Your Guide to Greens (and other colors) Your Organic Primer The Pantry Label Decoder And more!

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