

[FREE] Drink This Not That!: The No-Diet Weight Loss Solution

Drink This Not That!: The No-Diet Weight Loss Solution

David Zinczenko, Matt Goulding
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#471500 in Books 2010-05-25 2010-05-25 Original language: English PDF # 1 .26 x .2 x 6.511, .90 #File Name: 1605295396336 pages The fastest way to lose weight isn't on the treadmill The easiest, fastest, and longest lasting way to lose weight doesn't even involve watching your food intake See, if you're like the average American, today you will drink about 450 calories That's a quarter of the calories you're supposed to eat in an entire day-and then, of course, you'll eat plenty of calories, too! | File size: 23.Mb

David Zinczenko, Matt Goulding : Drink This Not That!: The No-Diet Weight Loss Solution before purchasing it in order to gage whether or not it would be worth my time, and all praised Drink This Not That!: The No-Diet Weight Loss Solution:

2 of 2 people found the following review helpful. If you're fan of the "Eat This, Not That" book series, you'll like this one too. By Margienjoe Excellent book in the "Eat This Not That" series. My hubby actually went though many of the pages and was astounded to learn how many calories and fat these 'Not That' drinks contain. I've enjoyed the articles in numerous magazines over the years, so to have the books to refer to, it's convenient, entertaining, and important but useful information, too. 0 of 0 people found the following review helpful. I love making drinks By Rosey I love making drinks, smoothies, iced coffees and more but I am always struggling with my weight. When I saw this book I had to get it. I would have never known how bad my drinking choices were. Some of the things I were drinking had more calories than my meals themselves. This gave me alternatives and although it is not a diet plan, it did help me cut out some of the unnecessary calories I was taking in. 0 of 0 people found the following review helpful. Very helpful! By Jenny Bui This is like my drinking bible! I use it a lot for reference. This book actually got me into drinking coffee which I haven't decided if that is a good or bad thing yet lol. Anyhow, I would love a new edition of this book! P.s. I

love the eat this not that series. I've learned so much about health and nutrition and I have lost weight without much effort. Just gotta follow the book exactly! The healthy alternatives in these books are delicious which makes it so easy to lose weight. Best part is people always ask me if I work out and I love to brag that I didn't even step foot inside a gym to lose weight!

Drink This Not That! by David Zinczenko with Matt Goulding The fastest way to lose weight isn't on the treadmill. And it's not by counting calories, either. Believe it or not, the easiest, fastest, and longest lasting way to lose weight doesn't even involve watching your food intake: It's all about watching what you drink. See, if you're like the average American, today you will drink about 450 calories. That's a quarter of the calories you're supposed to eat in an entire day and then, of course, you'll eat plenty of calories, too! But now there's **Drink This, Not That!**, the breakthrough new book from the editors of **Eat This, Not That!** New research reveals that it's not just our food that's making America fat it's the beverages we wash it all down with. But you can strip away calories and fat up to 23 pounds this year alone simply by changing your choices of drinks (and still eating all your favorite foods)! Did you know: *One bottle of Sunkist orange drink has more sugar than four packs of Reese's Peanut Butter Cups* A large Grape Expectations II Smoothie from Smoothie King has more sugar than 13 Twinkies! *If you turn your large latte into a large cappuccino, you could lose more than 9 pounds this year!* A White Chocolate Mocha from Starbucks has more than 20 times as many calories as their regular coffee! With this illustrated guide to hundreds of drink options and eye-opening nutrition secrets for fast and permanent weight loss you'll make the smartest choices for you and your family, every time. Additional features in **Drink This, Not That!** include: The 20 Worst Drinks in America The Truth About Bottled Water The Truth About High Fructose Corn Syrup The Anatomy of America's Most Popular Beverages Energy Drinks: Energy or Enemy? The Ultimate Smoothie Selector And more!

About the Author DAVID ZINCZENKO is editor-in-chief of Men's Health magazine. MATT GOULDING is a food and nutrition editor of Men's Health. He lives in PA.