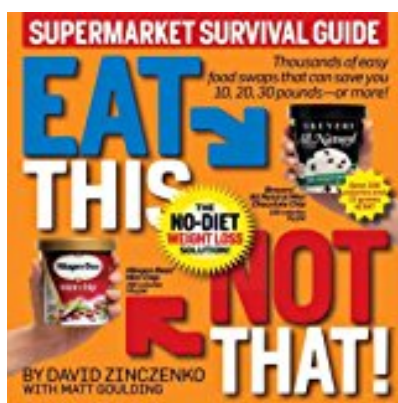


[PDF] Eat This Not That! Supermarket Survival Guide: The No-Diet Weight Loss Solution

David Zinczenko, Matt Goulding - pdf download free book



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Description:

With tens of thousands of products crammed into the walls of the neighborhood supermarket, trying to find a reliable snack, pantry product, or frozen dinner can be a serious challenge for the time-strained consumer. The Eat This, Not That! Supermarket Survival Guide changes all of that, offering

discerning shoppers everywhere a simple plan for finding the healthiest foods for them and their families. Beyond homing in on the best and worst in the world of packaged foods, the Eat This, Not That! Supermarket Survival Guide scours the aisles to help you pick the most nutrient-packed produce, the leanest, tastiest cuts of meat, exotic cheeses that double as healthy snacks, and the best contaminant-free fish the ocean has to offer.

Click each image below for a larger view of selections from Eat This Not That! For Supermarkets

Review Readers Love ETNT:

“The book was so easy to use. And I said this is a no brainer. I have nothing to do but to go to the grocery store and look at this book. And I dropped 35 pounds within a year. My husband used to call me his ‘full sized woman.’ Of course, he doesn’t say that any more and he can’t keep his hands off me!” - Darlene, ETNT reader. “This book is now a reference book I look at and have fun with, plus I think it has helped me drop a couple of pounds extra with my exercising in the last couple of weeks.” “This book has saved me thousands of extra calories and I did not sacrifice one thing.” “This is a great read and helps you make better choices when eating out to shopping at the grocery store. As I read I did not realize what a small change in your choice could make. I've already lost 7lbs and am very pleased.”

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