

**THE NO-DIET WEIGHT-LOSS SOLUTION!**

*Quick, healthy & delicious meals that can save you 10, 20, 30 pounds—or more!*

**COOK THIS**

*Homemade  
A.I. Swiss Burger  
340 calories  
15 g fat (5 g saturated)*

**Save  
950  
calories  
and  
\$8.38!**



**WORLD'S  
GREATEST  
WEIGHT LOSS  
RECIPES!**



*Applebee's  
Cowboy Burger  
1,290 calories  
74 g fat (28 g saturated)*

**NOT THAT!**

BY DAVID ZINCZENKO  
& MATT GOULDING  
Authors of **Eat This, Not That!**

## NOTICE

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This book is intended as a reference volume only, not as a medical manual. The information given here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you have a medical problem, we urge you to seek competent medical help.

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Published in the United States by Galvanized Books,  
A division of Galvanized Brands, LLC, New York

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ISBN: 9780804180993

Photo direction by Tara Long

Cover photographs by Jeff Harris  
Interior photos by Mitch Mandel and Thomas MacDonald

v3.1



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**COOK THIS,  
NOT THAT!**

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# Come with us to a magical place.

It's a place of comfort and ease, a place where you're in control and no one can tell you what to do. It's a place where you can be as inventive, creative and wacky as you want, and everything you do is perfectly all right. And best of all, it's a place where you can eat all your favorite foods and still lose all the weight you want.

Indeed, this place is so magical, you can not only lose weight and eat great but also grow wealthier and healthier, just by spending more time there.

So, what is this magic place?

It's your kitchen.

## The Better Way to Eat

Forget dieting. Forget joining a gym. Forget the ads for the Ab-inator device you saw on QVC. If you really, truly want to lose weight, there is no quicker way to shave pounds off your body—and dollars off your food bill—than to cook more at home. That's what *Cook This, Not That! World's Greatest Weight Loss Recipes* will teach you to do.

Now, we don't mean to say you should avoid restaurants and prepared supermarket foods like the plague. The *Eat This, Not That!* series is designed to help you make smart swaps at all your favorite restaurants and in choosing all your favorite supermarket foods.

But in many cases, the very smartest swap you can make...is to make it yourself. Just check out this sampling of restaurant and prepared supermarket foods, and see how many calories you can save if you simply learn to cook these



very basic dishes at home.



# Who Blew Up the Food?

	Restaurant	Supermarket	Home-Cooked
<b>PIZZA (per slice)</b>	210 calories 11 g fat (4 g saturated)	510 calories 22 g fat (10 g saturated)	187 calories 5.5 g fat (2 g saturated)
<b>HAMBURGER (regular)</b>	830 calories 50 g fat (18 g saturated)	350 calories 18 g fat (8.5 g saturated)*	329 calories 12 g fat (4.5 g saturated)
<b>STEAK</b>	655 calories 47.5 g fat (21 g saturated)	380 calories 14 g fat (8 g saturated)	243 calories 8 g fat (2.5 g saturated)
<b>WAFFLES (no syrup)</b>	547 calories 8 g fat (4 g saturated)	170 calories 2.5 g fat (0 g saturated)	210 calories 10.5 g fat (2 g saturated)
<b>PIE</b>	533 calories 30 g fat (11 g saturated)	355 calories 21.5 g fat (10 g saturated)	355 calories 17 g fat (5 g saturated)
<b>GRILLED CHEESE</b>	430 calories 28.5 g fat (8 g saturated)	590 calories 22 g fat (7 g saturated)	270 calories 15.5 g fat (9.5 g saturated)
<b>PASTA</b>	867 calories 34 g fat (15 g saturated)	840 calories 42 g fat (16 g saturated)	422 calories 10.5 g fat (2.5 g saturated)
<b>ENCHILADA</b>	1,315 calories 65 g fat (25 g saturated)	380 calories 8 g fat (2 g saturated)	304 calories 10 g fat (3 g saturated)
<b>ROAST BEEF SANDWICH</b>	571 calories 25 g fat (11 g saturated)	700 calories 29 g fat (11 g saturated)	245 calories 8.5 g fat (1 g saturated)

\* Burgers sold premade but not prepared in store

Imagine that, over the course of a week, you cooked these nine foods instead of going out to eat them. You'd save a whopping 3,385 calories just in that 1 week alone—essentially, a pound's worth of flab. Cooking just these nine foods at

home instead of letting the pimply-faced grease purveyor at your local chain restaurant do it for you would shave an unbelievable 50 pounds of fat off your body in just 1 year.

Why the dramatic discrepancy? In part, it has to do with the ingredients—restaurants want to mess with your taste buds by adding as much fat, salt, and sugar as they can to everything they touch. But another issue is serving size. In 2010, the USDA found that people were getting an estimated 33 percent of their calories from food prepared outside the home. By 2014, that number had risen to 43 percent. One study looked at restaurant portion sizes and found that they far exceeded what they should be. By weighing foods, researchers found that, compared with USDA portion sizes, the following foods ballooned considerably.

**Pasta: 480 percent oversize**

**Muffins: 333 percent oversize**

**Steak: 224 percent oversize**

**Bagels: 195 percent oversize**

**Hamburgers: 112 percent oversize**

Of course, you'd still save a ton of calories and money by buying prepared foods in the supermarket—just under 1,700 calories a week. But why lose only half the weight you want to? And why spend more than you have to? And why settle for something that was cooked by a stranger yesterday (or last week or maybe even months ago)?

It's so easy to shave off the pounds, just by mastering a few simple cooking skills. So why don't we all do it? That's the mystery.

Let's solve it.

## Who Moved My Cheeseburger?

Here's an experiment: Think of the term "family dinner." Now, close your eyes and imagine what that looks like. Can you see it, smell it, taste it? Yes? Can you? And more important, how can you still be reading this if your eyes are closed? What are you, superhuman?

Seriously, when we think of the term "family dinner," we almost always think of a family sitting around the dining room table. It's an image that's been carved into our brains over decades by books, magazines, TV shows, and movies. And maybe we remember those dinners from our own past because our parents or grandparents hosted family meals in just that way.

But today's "family dinner" doesn't look like the family dinners we see in movies or read about in books or even conjure up in our own minds. Family dinner cooked at home is rare, after all. We're far more likely to hit the fast-food

joint, order a delivery, or heat up something that was prepared in a supermarket than we are to actually cook our own dinner. In 1963, only 28.5 percent of our food dollars were spent on meals prepared outside the home. And so, instead of clinking dishware and “Pass the gravy,” it’s crinkling paper bags and “Who got the Tater Tots?”

And that means we’re not in control of our food or our bodies. Sure, you can study that takeout menu like a grad student on Ritalin and pore over the side panels of the packaged food labels, but in the end, no matter how careful you are, you’re still not in charge.

### *That’s why we want to take you to the kitchen.*

But before we go there, come with us for a moment to your local fast-food restaurant or sit-down joint. Let’s say you’re hungry for a cheeseburger. Order one.

But before you do, answer a few questions: Does this burger contain lean beef or fatty beef? And just how old is that beef, anyway? (There’s no way to tell, since a fast-food burger could contain beef from dozens of different cows. Eww.) Is it properly cooked, or is there some E. coli hanging around, as has happened at several burger chains over the past few years? And how many calories are in that burger? If you’re ordering the A.1 Peppercorn Burger at Red Robin (nice balloon, kid), you’re tackling more than 1,300 calories—about the amount of calories you should eat, in total, for all three meals, not just one.

And what about the bun? Is it made with whole grains or with refined flour that will create a sugar rush in your bloodstream, helping to increase the odds that you’ll join the one in three Americans who develop diabetes in their lifetime? (And is that bun fresh or has it been tanning under a sunlamp since 6 a.m.?) If you ordered the Bacon Cheese Pretzel Burger at Ruby Tuesday, you got a whole lot of bun in relation to your burger—and a whole lot of the 1,724 calories that burger packs are carb calories, rushing sugar into your bloodstream.

And the condiments—are they exactly what you want, or are they exactly what the penny-pinchers at the big multinational corporation have decided is best for their profit margins? If condiments include ketchup, mayonnaise, even relish, then they also contain high-fructose corn syrup, which has been shown to interfere with your body’s ability to process the hormone leptin—the hormone that tells you when you’re full. Oops!

Oh, wait, sorry...you wanted fries with that? Okay, but are those fries cooked lightly with a coating of heart-healthy olive oil? Or do they get a bath of trans-fatty acids, which have been shown to raise your risk of obesity and heart disease?

Wash it down with a shake, okay? Maybe a chocolate one. But if you’re at



Cold Stone and you order the Oh Fudge! Shake (Like It Size), you've just slurped down an additional 820 calories and 47 g of fat—more than you'd get in two full cups of mayonnaise.

What an adventure! And that's just a burger, fries, and a shake!

Now, imagine you could eat the exact same meal at home, except for a few slight differences: You could eliminate more than two-thirds of the calories and most of the harmful fats—and at the same time ensure that the food itself was actually fresh, because you prepared it yourself. Oh, and the cost? A typical burger, shake, and sides at a low-end chain restaurant like T.G.I. Friday's will cost you nearly \$35. At home? Less than 6 bucks.

Makes you want to learn how to cook, right?

Good thing you bought this book.



# Cooking is not a chore.

At least, it shouldn't be. And yet, for so many people, the idea of coming home from a long day of work only to have to fire up the stovetop and find a way to put dinner on the table is only slightly more tolerable than, say, pulling weeds or changing the oil in your car. The main goal of this book isn't to make you skinnier and healthier; it's to make you a better, more enthusiastic cook. Once we do that, those other two admirable goals will fall into place easily enough.

We sincerely hope the abundance of delicious recipes—and the mouthwatering photos that accompany them—found within this book will provide plenty of inspiration and motivation for your time in the kitchen. But more than just concrete recipes intended for repetition, we hope that the mixture of simple cooking lessons and ingredient spotlights will help you build a set of skills and a well-stocked pantry that can be tapped into at any given moment to create magical meals in an instant. It's precisely at that moment, when you can put away the recipe and create something uniquely your own, that cooking ceases to be a chore and starts to become a lifelong passion.

## Master the Techniques

Teach a man to fish, feed him for a day. Teach him to fillet that fish, pan-sear it, and serve it with a scoop of mango salsa, and you'll feed him for a lifetime. Combine these essential techniques with fresh ingredients and you'll eat well for the rest of your years.

## STEP-BY-STEP

# Broiling

The broiler is the most underused appliance in the kitchen. Those blazing coils in your oven are nothing more than an inverted grill, capable of delivering big blasts of heat—and deep, flavorful caramelization—to your food in a short period of time.

**BEST FOR:**  
Burgers, steaks,  
fish fillets, chicken  
breasts



**Step 1:** *Preheat the broiler and allow it to warm up for at least 5 minutes before cooking. Line a broiling pan or baking dish with foil (because of the high heat, cleanup can be a mess without the foil) and place the meat on top. Situate the pan or dish 6 inches below the heat source. This is close enough to help brown the food, but not so close it will char it before it's done cooking through.*



**Step 2:** *Since the heat is only coming from one direction, you'll need to flip the meat or fish at the halfway cooking point. Burgers and steaks will take about 10 minutes to cook to medium rare underneath the broiler; a fish fillet of medium thickness should be done in 7 to 8 minutes. Beyond cooking protein, the broiler is perfect for melting cheese, toasting a sandwich, and putting a crust on baked pasta dishes.*

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## STEP-BY-STEP

**BEST FOR:**  
Delicate fish,  
shellfish, nearly  
all vegetables

# Sautéing

Sautéing simply means cooking in a pan with butter or oil. Done slowly over low heat, sautéing cooks the excess water out of vegetables, concentrating their natural sugars and innate flavor. Done quickly over moderate to high heat, sautéing produces nicely browned exteriors on everything from mushroom and zucchini slices to shrimp and chunks of chicken.



**Step 1:** *Preheat a pan or skillet with enough butter or oil to coat. Vary the heat depending on what you're going for: low heat for slowly caramelizing onions and cooking down tomatoes; high heat for browning mushrooms, peppers, and other vegetables. If you're doing the latter, don't crowd the pan. Too much food will make it impossible for the ingredients to properly brown.*



**Step 2:** *Stir as often as possible so that all sides of the food cook evenly. Season, but be mindful of when you do so: Salt draws out water, so if you add it early, the moisture will cause your food to steam in its own juices. For caramelizing onions, this is a good thing; for browning mushrooms, not so much. Thin fish fillets like sole and tilapia can also be sautéed, but this should be done in a nonstick pan.*



# Braising

Braising is the technique responsible for the most tender meats and the most complex flavors. It's also the most effective way to stretch a dollar in the kitchen, as braising is all about turning tough, inexpensive cuts of meat into intensely flavored, deeply satisfying meals. After taking 10 minutes to put the dish into motion, braising requires little or no effort from you.



**Step 1:** *Heat a stainless steel pot or pan over medium-high heat and coat with enough oil to cover. Season meat with salt and pepper and add it to the pan. The goal is a deeply browned exterior, which will in turn flavor the braising liquid. Warning: If you crowd the pan, the surface temp will plummet and the food will not brown properly.*



**Step 2:** *Once the meat has been fully browned, it's time to deglaze. Add wine or stock or a combination of both. As it simmers, use a wooden spoon to scrape up any bits stuck to the bottom of the pan. These little bits constitute the flavor that will ultimately infuse the entire braise, so be sure to work them off the pan.*



**Step 3:** *If braising on the stovetop or in the oven, return the meat to the pan, along with a mix of chopped onions, carrots, celery, and garlic. If you prefer a slow cooker, line the bottom with the meat, top with the vegetables, then pour the deglazing liquid over it all. Cook over low heat until the meat is fork-tender.*





# Pan-Sear

Like sautéing on steroids, pan-searing concentrates the natural flavors in fish and meat. The high-heat technique is best for when you want to create a crust on your food, a caramelized layer that is not just big on flavor, but also provides important textural contrast to the soft meat within.

**BEST FOR:**  
Thick fish fillets,  
steak, chicken  
(especially with  
the skin on)



**Step 1:** *Heat a bit of oil in a pan over high heat. Because it requires such intense heat, pan-searing should be done in a cast-iron skillet or in a stainless steel pan. (High heat will eat away at the Teflon on nonstick pans.) When wisps of smoke rise from the pan, season the meat or fish and place in the pan.*



**Step 2:** *Allow the meat or fish to cook, undisturbed, until a dark crust has formed on the surface, at least 3 minutes. Flip.*



**Step 3:** *Place the pan in a preheated 400°F oven to finish cooking. If you try to finish on the stovetop, you're likely to burn the outside of the food before cooking it all the way through. The consistent, enveloping heat of the oven allows for even cooking, so your food will be uniformly cooked all the way through.*

# Knife Skills: The Cut and The Rock

More than any other technique, sound knife skills will help you cook more quickly and efficiently. Not only that, there's something unbelievably thrilling about being to work your way through a pile of vegetables like a world-class chef.

The best piece of food you can learn to cut is an onion. That's because the same basic technique that goes into chopping, dicing, or mincing an onion can be applied to nearly any fruit or vegetable you'll find on your cutting board. See how it works in the first sequence.

The other critical knife technique is the rock, which gives you full control of the blade as you slice, dice, and mince your way through anything and everything. The far-right sequence lays the move out in full.

## STEP-BY-STEP: THE CUT



**Step 1:**  *Holding the knife parallel to the cutting board, make horizontal cuts through the onion, stopping just short of cutting all the way through.*



**Step 2:**  *Use the tip of the blade to make vertical cuts, again being careful not to cut through the back of the onion (keeping it intact holds the onion together).*



**Step 3:**  *Tucking your fingertips in to protect them from the blade, slowly work your free hand toward the back of the onion, with the knife chopping closely in its wake. The more horizontal and vertical cuts you've made, the finer the cut.*

## STEP-BY-STEP: THE ROCK



**Step 1:** *Plant the tip of the blade on the cutting board. Tuck the fingers of your free hand in and use it to stabilize the vegetable.*



**Step 2:** *Bring the knife down in a steady motion. The heel of the blade should just come off the board.*



**Step 3:** *Pull the knife immediately back up, creating a seamless rocking motion. Repeat, using your free hand to guide the blade as you cut your way across the vegetable.*



**MINCED**



**DICED**



**CHOPPED**



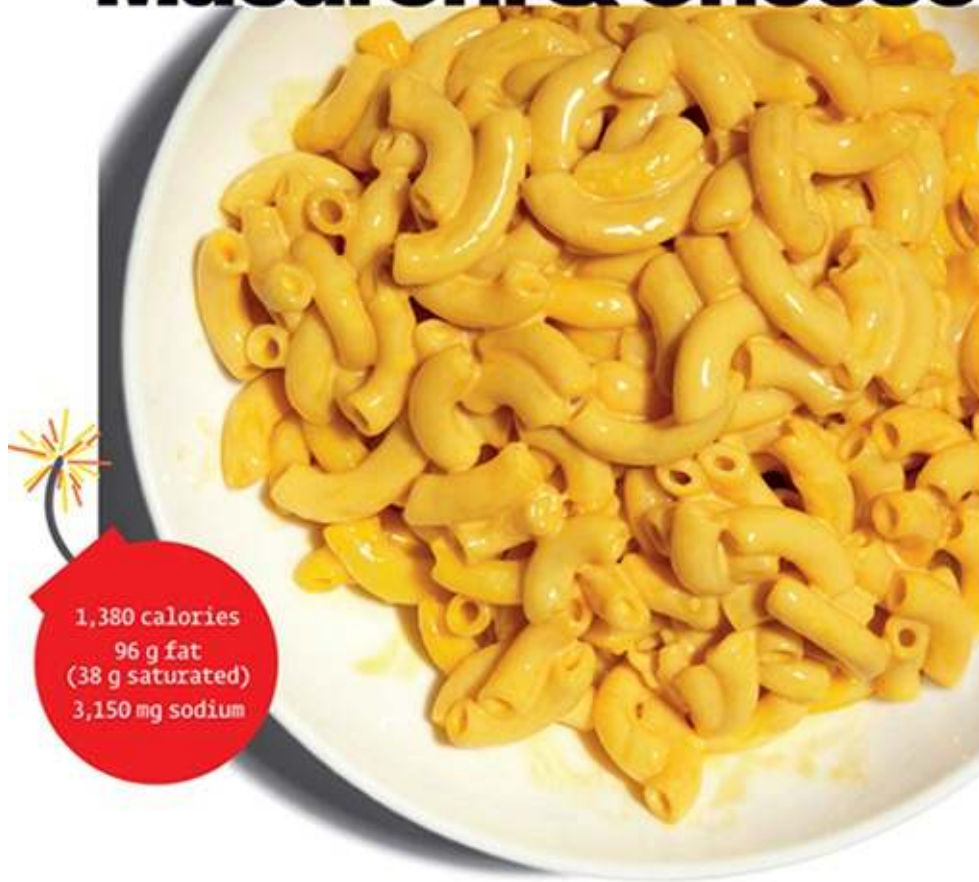


# Greatest Weight Loss Classics

Save 3,410 calories—that's a pound of fat ***this week!***—with these 5 classic recipe swaps.

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## AVERAGE RESTAURANT **Macaroni & Cheese**



Look up “comfort food” in a dictionary and you’ll see a bubbling crock of mac and cheese. Problem is, short of eating mayonnaise straight from the jar, you’d be hard-pressed to find a food with more calories per gram than macaroni and cheese from a restaurant kitchen. But we believe that a creamy, cheesy, relatively healthy bowl of mac and cheese is an inalienable right of every American, and we think we’ve cracked the code.

**COOK THIS  
INSTEAD!**

# Macaroni & Cheese



480 calories  
9 g fat  
(5 g saturated)  
450 mg sodium

**Save!**

900 calories and  
87 g fat!

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# Macaroni & Cheese

Ask Americans what they would eat for their last meal on earth and most would likely tell you mac and cheese. Too bad restaurants and frozen-food purveyors start their macaroni and cheese with a base of cream and butter—a recipe for caloric calamity. This version is based on béchamel—butter, flour, and milk—which helps cut the calories in half. We add jalapeños and prosciutto for some spicy, smoky goodness; feel free to leave them out.

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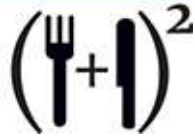
## You'll Need:

- 2 Tbsp butter
- ½ yellow onion, minced
- 2 Tbsp flour
- 3 cups milk
- 2 cups shredded extra-sharp Cheddar
- Salt and black pepper to taste
- 1 lb elbow macaroni, penne, or shells
- ¼ cup chopped Pickled Jalapeños (see page 304)
- 2 oz prosciutto or ham, cut into thin strips
- ½ cup panko bread crumbs
- ¼ cup grated Parmesan

## How to Make It:

- Preheat the oven to 375°F.
- Melt the butter in a large saucepan over medium heat. Add the onion and cook until soft and translucent (but not browned), about 3 minutes. Add the flour and stir to incorporate into the butter. Pour in the milk a few tablespoons at a time, using a whisk to incorporate the flour and prevent lumps from forming. When all the milk has been added, allow the sauce to simmer for 10 minutes, until it begins to thicken. Stir in the cheese and season with salt and pepper.
- Cook the pasta according to the package instructions until al dente, drain, and return to the pot. Add the cheese sauce, jalapeños, and prosciutto and stir to fully incorporate. Divide the mixture among individual crocks or pour into a large baking dish. Top with the bread crumbs and sprinkle with the Parmesan.
- Bake for 10 minutes. Turn on the broiler and broil until the bread crumbs are golden brown and crispy, about another 3 minutes.

***Makes 6 servings / Cost per serving: \$1.03***



Classic Cheddar-based mac and cheese is tough to beat, but besides having high calorie and fat counts, it also provides little redeeming nutrition. Boost the health profile (and the hunger-squashing potential) of your mac and cheese by adding any of the following to the pasta when you toss it with the cheese sauce.

- 1 cup caramelized onions
- 2 cups roughly chopped or cherry tomatoes
- 6 oz grilled chicken and 1 cup sautéed mushrooms
- 2 cups chopped steamed or sautéed broccoli



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## AVERAGE RESTAURANT **Potpie**



1,100 calories  
78 g fat  
(25 g saturated,  
4 g trans)  
2,100 mg sodium

Potpie hits all of the touchstones of classic comfort food: It's meaty, creamy, saucy, salty, carby, and downright delicious. It's also dangerously overloaded with the kinds of ingredients that give your cardiologist nightmares: bad fats, empty carbs, sodium, low-quality calories. Of course it doesn't have to be that way. A few simple tricks can return potpie to the realms of nutritional respectability without sacrificing the creature comforts of the original dish.

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