



Grill This, Not That!

David Zinczenko, Matt Goulding

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Bestselling authors David Zinczenko and Matt Goulding revolutionize barbecue with this mouth-watering edition of their blockbuster series, Eat This, Not That!

With a ravenous fan base clamoring for even more healthy, affordable options, Zinczenko and Goulding team up again to redefine America's favorite pastime: the backyard BBQ.

This weight-loss weapon teaches readers how to strip hundreds, even thousands of calories from their diets—and save hundreds of dollars a week—using healthy grilling techniques, mouthwatering marinades, and savvy strategies to recreate their favorite foods. There are more than 125 recipes for everyone's indulgent yet low-calorie favorites (yes, even ribs and cheeseburgers!).

Packed with cool tips, industry secrets, and essential nutrition information, *Grill This, Not That!* is a must-have for anyone looking to save money, time, and calories and become the ultimate boss of their barbeque.

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