



## Grill This, Not That!

*David Zinczenko, Matt Goulding*

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**Grill This, Not That!** David Zinczenko, Matt Goulding

Bestselling authors David Zinczenko and Matt Goulding return with the latest in 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 newest 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, mouth-watering 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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