

Eat This!

AT THE SUPERMARKET

BEST FROZEN BURRITO

**Evol Burritos
Cilantro Lime
Chicken**

320 calories
7 g fat (2 g saturated)
450 mg sodium
49 g carbohydrates



What we love most about EVOL, aside from the cutesy name (it's "love" backwards), is the company's commitment to making food that looks surprisingly unlike most processed foods in the supermarket. This burrito features free-range chicken, black beans, brown rice, bell peppers, corn, and cheese made from hormone-free milk. It begs the question: If EVOL can make frozen foods without funky additives, why can't its competitors?

Plus This!



**Desert Pepper Trading Company
Roasted Tomato Chipotle Corn
Salsa (2 Tbsp)**
10 calories
0 g fat
85 mg sodium
2 g carbohydrates

Plus This!



Avocado (1/2)
160 calories
14.5 g fat (2 g saturated)
5 mg sodium
8.5 g carbohydrates

**= Best
Lunch**

490 calories
21.5 g fat
(4 g saturated)

Not That!



**Stouffer's Chicken
Bistro Chicken
Quesadilla
Flatbread Melt**
370 calories
15 g fat (6 g saturated)
640 mg sodium
41 g carbohydrates

The World's Easiest Weight-Loss Plan!

THE EAT THIS NOT THAT! DIET

Thousands of Simple Food Swaps That Can Save You 10, 20, 30 Pounds—Or More!

BY DAVID ZINCZENKO WITH MATT GOULDING

The New Companion Guide to the New York Times Bestselling Series!

NO DIET!