

# SKINNY COMFORT FOODS

# COOK THIS

125 quick & healthy recipes  
that can save you 10, 20,  
30 pounds—or more!

Molten Chocolate  
Cake & Ice Cream  
with Orange Sauce



THE  
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WEIGHT LOSS  
SOLUTION

Chili's Molten  
Chocolate Cake  
with Vanilla  
Ice Cream  
& Orange  
Sauce



# NOT THAT!

BY DAVID ZINCZENKO  
& MATT GOULDING

Authors of *Eat This, Not That!*

# Cook This Not That Skinny Comfort Foods

**Guillaume Favre**



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web each dipole represents one polar bond the molecule is nonpolar 10 describe what you think is happening to the penguins

in the illustration of  $\text{H}_2\text{O}$  on page 4 they are being pulled towards the stronger polar bear he's more electronegative 11

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web answer because the two polar bears or penguins have equal electronegativity they will pull electrons equally hard and in most cases neither will end up with more electrons each polar bear and penguin has an electronegativity of the same value a non polar bond is formed when two polar bears or two penguins are bonded together

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