



# Fast Food Diet: Quick and Healthy Eating At Home and On the Go (Touchstone)

*Mary Donkersloot*

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This simple, informative guide to nutritionally sound, fast, no-fuss meals is what every busy family needs. Covering both make-at-home meals and restaurant fare, it shows that fast food can be healthy food. Includes information about foods from national franchise restaurants as well as recipes for fast home cooking and a weight-loss program.

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