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Ditching the Drive-Thru contains numerous chapters explaining how the American food industry works and how the American consumer can buck the system by planning and implementing a new lifestyle. If you enjoy books with more dogma than practical recipes you will love this book.

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Ditching The Drive-Thru: How To Pass Up Processed Foods

After an exhausting day at work, hitting the drive-thru or nuking a pre-fab meal is all too often the go-to decision for feeding a family. Cooking a meal from scratch using fresh ingredients can seem beyond the average person's time, energy, or financial means.

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