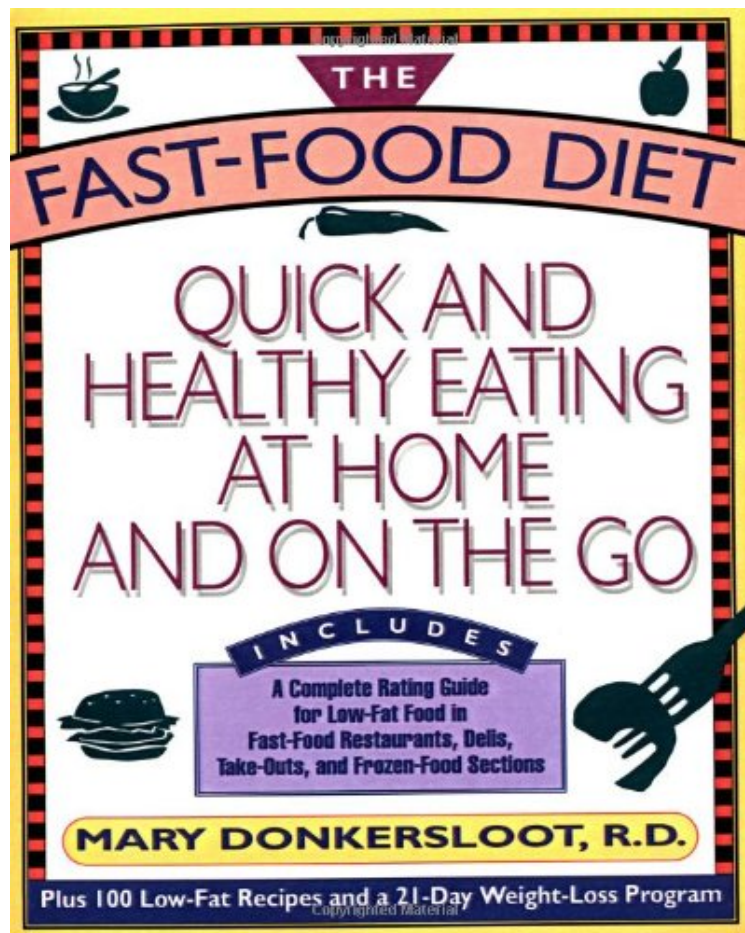


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## Fast Food Diet: Quick and Healthy Eating At Home and On the Go (Touchstone)

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**Mary Donkersloot : Fast Food Diet: Quick and Healthy Eating At Home and On the Go (Touchstone)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Fast Food Diet: Quick and Healthy Eating At Home and On the Go (Touchstone):

0 of 0 people found the following review helpful. Little DisappointedBy SherrieMKgalThe book had a good concept. And it had some good information. But I found it confusing in trying to figure out their point system and how to put it together.

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.