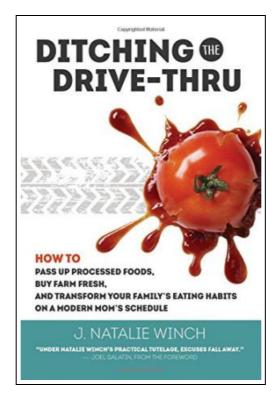
Ditching the Drive-Thru (Paperback)



Filesize: 4.99 MB

Reviews

This publication is very gripping and exciting. Better then never, though i am quite late in start reading this one. I am very happy to inform you that here is the finest pdf i actually have read inside my very own daily life and could be he greatest publication for actually. (Dayana Aufderhar)

DITCHING THE DRIVE-THRU (PAPERBACK)



Spikehorn Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. 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. But with mounting evidence pointing to processed food and our industrial food system as the culprits behind many of our nation s health problems - including obesity, diabetes, and cancer - it s now more important than ever to be fully informed about what goes on your family s dinner plates. If you re ready to take control of your food choices but don t know the difference between grass-fed versus grain-fed, pastured versus free-range, or organic versus sustainable, read this book to discover: * How to create your own thirty-month plan to convert your family from junk food to real food, without a revolt! * Recipes and advice on planning and prepping meals so you can make home-cooked a habit for your family * Instructions for getting the most out of produce using techniques such as lacto-fermentation, dehydrating, and canning * An introduction to the world of farm-direct sales, including tips on locating local farms, seeing through marketing buzzwords, and shopping with CSAs Ditching the Drive-Thru exposes the insidious hold the commercial food industry has taken over the fast-paced lives of the average American and the danger these processed foods and diet plans pose to our health, environment, and emotional well-being. Learn how to break free from the grind and return to a simpler relationship with food from farmers, not factories, and home-cooked meals that are created in your kitchen, not on a conveyor belt.



Relevant eBooks



Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English. Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000,...

Download Document »



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

Download Document »



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs...

Download Document »



Books are well written, or badly written. That is all.

GRIN Verlag Okt 2013, 2013. Taschenbuch. Book Condition: Neu. 210x148x1 mm. This item is printed on demand - Print on Demand Neuware - Essay from the year 2007 in the subject English - Literature, Works,...

Download Document »



George's First Day at Playgroup

Paperback. Book Condition: New. Not Signed; George's First Day at Playgroup is a colourful storybook based on the award-winning television series Peppa Pig. It is George's first day at playgroup and Peppa doesn't really want...

Download Document »