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Real Food, Real Fast

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15 Fast Food Advertisements Vs. What You Actually Get

7 Fast Foods You Should Never Eat - The Real Dish From Fast Food Workers Melanie Haiken Contributor Opinions expressed by Forbes Contributors are their own.

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Real food is whole, single ingredient food that is low in additives and rich in nutrients. Learn 21 reasons why real food is the key to good health.

Fast food chains know how to make their food look good in advertisements. Real life, however, is a different story. In honor of all the times you’ve salivated over a Big Mac you saw on a billboard only to be disappointed by the Big Mac you actually received at McDonald’s, we compared fast food ads to their IRL counterparts.

Lunch, Nanaimo, realfoodfast, soup, sandwich, stew, salad ...

Real {Fast} Food is your guide to fitting more real food on your plate without signing your life

away! What people are saying... “Trina’s book is empowering: it gives you not only a fabulous collection of ‘normal’ recipes made with real food, but the know-how of planning and preparation, and the ‘why’ of eating this way.”

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Real Food, Real Fast by Sam Stern, Susan Stern ...

I borrowed Real Fast Food from a friend and found myself entranced by the straightforward writing of a man who enjoys food and knows that simple, speedy cooking is a boon to many households. I particularly like the fact that his recipes are often for 1 or 2 people (ingredients can of course be multiplied for more eaters).

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