



## Ditching the Drive-Thru

*J. Natalie Winch*

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## **Ditching the Drive-Thru** J. Natalie Winch

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.

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