

ENJOY THE FAST FOOD FLAVORS YOU LOVE—WITHOUT THE GUILT

Do you swerve past drive-thrus in search of a healthier diet? No need to deny those cravings once you find fast-food satisfaction in your own kitchen. *Fast Food Fix* serves up more than 75 delicious, easy recipes that look and taste just like the restaurant original—without sacrificing your waistline. The only difference is the amount of fat and calories you'll save by fixing it yourself.

So go ahead and indulge your urge to splurge—all your favorites are in this book, including:

- Classic burgers like the McDonald's Big Mac complete with special sauce, and Jack in the Box's Bacon Ultimate Cheeseburger topped with 5 slices of real bacon, but still 500 calories (minimum)
- Satisfyingly rich, cheesy dishes like Taco Bell's Nacho Supreme—it uses store-bought cheese sauce and still manages to slash 10 grams of fat— or Skarm's Stuffed Pepperoni Pizza, almost 400 calories lighter and still loaded with pepperoni and sausage
- "Frye-fried" versions of Long John Silver's Crispy Spring Basket, Wendy's Spicy Chicken Sandwich, and Arby's Curly Fries, which are fantastically crunchy and positively oil-free
- And plenty of treats to keep your sweet tooth satisfied, like the Dunkin' Donut's Cranberry Orange Muffin, Cinnabon's Classic Cinnamon Roll, and Dairy Queen's Chocolate Chip Cookie Dough Blizzard



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DEVIN ALEXANDER is a chef who specializes in creating delicious, flavorful, low-fat versions of many popular foods. She has shared her amazing recipes with national audiences on *Good Morning America*, *102.7's Devan Delishious*, and *USA Network's Before & Afternoon Market*. Her recipes have also appeared in *Women's Health*, *Shape*, *REDUXION*, *Man's World*, *Wired*, *Mix*, and *Women's World* magazines.

Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites

Devin Alexander



Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites:

Fast Food Fix Devin Alexander,2006-04-18 A collection of recipes demonstrates how to transform seventy five popular fast foods into healthier and more flavorful versions of their originals in a resource that explains how fast food sauces and flavors can be reproduced with common ingredients while providing instructions on how to modify cooking methods in order to reduce fat content Original 25 000 first printing **Library Journal** Melvil Dewey,Richard Rogers Bowker,L. Pylodet,Charles Ammi Cutter,Bertine Emma Weston,Karl Brown,Helen E. Wessells,2006 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *American Book Publishing Record* ,2005 **Fast Food Cookbook Flavorful And Authentic Recipes To Cook At Home** Jamee Waters,2021-06-24 *Copycat Recipes* Danny Kern,2020-08-09 GOODBYE to paying inflated prices for meal This is all you will ever need to fill your table with all sorts of irresistible tasty mouth watering delicacies and dishes that always make your belle rumble at your favorite restaurant With easy to follow step by step guidelines you can now have twice or more of the same meals you enjoy most only for a chump change This Cookbook has been well laid and pleasantly organised making it very easy for anyone to follow through and achieve first class results The Copycat Recipe Fast Food Cookbook is targeted with a pin hole focus on recipes from famous restaurants known to be patronized by major food lovers McDonald s KFC Taco Bell IKEA Cheese Cake Factory and Starbucks Therefore making it impossible for you and your family not to find the meals you crave The Copycat Recipe guidelines in this cookbook are succinct straight forward easy to follow and relate to with super practical tips and tactics Backed with colorful pictures of every meal You will also find among the ingredients the exact seasoning and sauce been used by your popular favorite restaurant so as to experience and enjoy its original unique taste specially made out from your own kitchen Why not give yourself and your loved ones a treat enjoy the benefits and save yourself more money **100 Fast Food and Restaurant Copycat Recipe Cooking Guide** Ronny Wenking,2019-10-11 A curated collection 100 of your favorite American fast food recipes from McDonald s Wendys Applebees Taco Bell and various other favorites Varies sauces appetizers salads entrees and more Easy to follow measurements and directions Just the same listed below Get yours today in Ebook and print A1 Sauce Almond Joy Bars Applebee s Lemonade Applebee s Low Fat Blackened Chicken Salad Applebee s Oriental Chicken Salad Arby s Barbecue Sauce Arby s Horsey Sauce Arthur Treacher s Fish Batter Auntie Ann s Pretzels Baby Ruth Bars Bailey s Original Irish Cream BB King s BBQ Ribs Ben Jerry s Cherry Garcia Ben Jerry s Giant Chocolate Chip Cookies Ben Jerry s NY Super Fudge Chunk Benihana Magic Mustard Sauce Benihana s Fried Rice **Fast Food At Home The Essential Guide to Fast Food Recipes. Simple Step-by-Step Recipes, Quick and Easy** Jamee Waters,2021-06-16 Ok so you re sitting on the couch in your PJ s binge watching your favorite series and you find yourself craving fast food But who wants to take the time to get dressed to go out and pick it up And if you order it from a delivery service you know you ll be paying extra The

answer is using fast food copycat recipes You can make the food at home in less time than it would take to get ready to go out You won't have to worry about hunting for car keys or waiting in the drive through lane Whether you are craving a bag of burgers or a 12 pack of tacos eating fast food is simply one of life's more enjoyable albeit guilty pleasures But if the spouse has the car or the weather is crappy these delicious recipes will allow you to feast at home in your sweatpants Don't feel bad everyone has one or more fast food places that they just can't stay away from Whether you're looking for breakfast lunch or dinner these recipes have you covered It's not difficult to prepare the meals at home once you have the ingredients on hand We Have Made Fast Food Recipes Book To Make Your Day And Sustain Your Energy We are giving our homemade secrets to you so that you may learn how to cook your favorite fast food at home Our fast food recipe book contains all of our fast food recipes specially designed from the homemade secrets Ever since we were young we have loved fast food when we weren't eating out at our favorite fast food joints or talking about the food we craved Our even just thinking about our favorite dishes We were in the kitchens cooking we love tinkering with recipes to create food as close as possible to those snacks and dishes you can buy in your favourite fast food restaurants now we want to share our homemade recipes with you guys Our idea is to round up all of you home cooks who also have a love for tasty food and present you with all of the best fast food recipes available in this recipe book Our aim for fast food recipes is to make the process of finding decent recipes much simpler and easier We have gone through our favorite fast food meals and dishes and created our own version of the homemade classic fast food recipes This book is filled gull of easy to cook delicious looking recipes for you to cook This book is the best guide for you because it includes variety of recipes for you like burgers fries nuggets pizzas tacos fried chicken chicken breasts and much more These are all included in here for you to make and enjoy This book is the attention for the fast food lovers to make these super delicious and easy to make these party dishes to make your mouth watering after seeing them What are you waiting for Don't miss out Pick Up Your Copy Now Scroll up and click the Buy Now button Now

Copycat Recipes

Olive Bennett,2021-01-02 Do you love eating out but you can't afford to do that often Would you like to make your favorite restaurant recipes at home Would you like to save money on eating out The world changes so quickly and throws obstacles our way every day How we live how we work everything can change tomorrow A lot of services are moving online But what about our much deserved eating out Turn your home into your favorite restaurant with Copycat recipes Explore the magic of homemade food improve your family relationships by playing the chef make phenomenal dishes and save a lot of money With Copycat Recipes it couldn't be easier Imagine you can create famous fast food or gourmet food at home without going to crowded places or expensive restaurants Imagine the smell of your favorite restaurant recipe spreading in your kitchen You will be the queen or king and your home will be the castle In this book we bring you 100 top secret restaurant recipes You can find here breakfast recipes as well as lunch snack and dinner ideas all recreations of the most famous American recipes and most popular brand recipes of today What you can find here Most favorite American Breakfast dishes from French toasts

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Your Customers Never Stop to Use this Awesome Cookbook Copycat Recipes Made Easy If you want to replicate your favorite restaurant dishes at home saving time and money then keep reading Everyone likes to dine out every once in a while a date night with a significant other a family dinner at a nice restaurant lunch out or coffee with friends at a local caf or even a quick drive by at a favorite fast food place There s just something about eating out that whether alone or with friends makes eating all the more enjoyable Maybe you think that you ll never be able to recreate the food you order at Outback Steakhouse Starbucks Chipotle or Applebee s So you go in there wait in line for what seems like an eternity and then pay for food that you know is way overpriced But what if you didn t have to go through all that No leaving the house no waiting in line and no spending money on expensive food just the amazing taste of your beloved restaurant dishes and the satisfaction that you could recreate them in your kitchen The main objective of this Copycat book is to bring you kitchen tested recipes that taste just like the ones in your favorite restaurants Inside you will discover some of your favorite recipes from well known restaurants from all over America Some of the recipes you will find inside this fully illustrated copycat recipe cookbook include Pei Wei s Spicy Chicken Panda Express s Orange Chicken Olive Garden Applebee s Cheesecake Factory Chipotle Starbucks IHOP Chili s Red Lobster TGI Friday s Cracker Barrel McDonalds Carrabba s P F Chang Outback Steakhouse And much more So what are you waiting for Buy it NOW and let your customers get addicted to this amazing book

The American Takeaway Secret Kenny McGovern,2011-09-01 The American Takeaway Secret features all of your US fast food favourites from the bestselling The Takeaway Secret After over 5 years of research and investigation the secret ingredients and cooking techniques used by takeaway and fast food restaurants can now finally be revealed In today s increasingly health conscious and now financially cautious world there s never been a better time to learn the secrets of cooking your own takeaway food at home From now on the takeaway menu will become an inspiration to cook not an expensive option for dinner Many recipe books call for an extensive and expensive list of ingredients often interesting to read but impractical for everyday cooking The American Takeaway Secret will stand out as the modern cookbook ideal for a generation of people who desire delicious food delivered quickly without the need to slave over a hot stove for hours on end The recipes included make it possible for home cooks both novice and professional to recreate their favourite takeaway and fast food restaurant dishes in their own kitchen

Top Secret Fast Food Cookbook Simple Made Simple Made Meals,2020-10-04 THE PERFECT FOODIE GIFT IS HERE The cookbook you always wanted but never realized it We are blowing the doors off the formulas to create your favorite flavors from all across America Got a craving Let s make it at home This is the intersection where you inner foodie inner chef and inner child meet to form a perfect afternoon kitchen adventure The Top Secret Fast Food Cookbook features over 100 pages of recipes inspired by all your favorite restaurants that you can make at home in just a few minutes When you tell the family we got food at home now they can actually be excited Let s be honest we all grew up chomping on tacos burgers chicken and all kinds of Americana Now you can deconstruct those flavors re create them or even

easily add to them These recipes are perfect for young chefs older professionals and anyone in between If you love BIG flavor and fun meals you won't want to miss out on this one Featuring Convenient 6x9 size to take on the go 50 recipes ranging from burgers to sauces to smoothies to famous fries Simple breakdown of everything you need for each recipe Intro explanations on the background of each item Mouthwatering recipes that are HEALTHIER than their fast food counterpart because they are made at home Step By Step guides to your favorite meals *Favorites Fast Food* Edna Cliff,2023-09-08 Discover the delicious world of fast food with Favorites Fast Food This book takes you on a culinary journey showcasing a variety of beloved fast food dishes that are sure to satisfy your cravings From mouthwatering burgers and crispy fried chicken to irresistible sandwich fries and indulgent desserts this collection of recipes will help you recreate your favorite fast food classics right in your own kitchen With easy to follow instructions and helpful tips you'll be able to enjoy homemade versions of your go to fast food meals that are fresh flavorful and made with high quality ingredients So whether you're looking to recreate iconic fast food flavors or put your own spin on classic favorites Favorites Fast Food is your ultimate guide to delicious and satisfying meals that can be prepared quickly and enjoyed anytime It is an easy way to fit a delicious meal into your busy schedule for sure **Fast Food My Way** Jacques Pépin,2004-09-01 Easy everyday dishes with a French twist from the multiple James Beard Award winning chef a great teacher and truly a master technician Julia Child In this companion volume to the PBS series Jacques Pépin shows you how to create great tasting dishes ranging from stunning salads such as Tomato and Mozzarella Fans to Supreme of Chicken with Balsamic Vinegar and Shallot Sauce to his breathtaking Almond Cake with Berries all special enough for company yet easy enough for those weekday evenings when you have no time Fast food Jacques's way involves no compromises in taste but saves you hours in the kitchen His Instant Beef Tenderloin Stew for instance not only is far faster to make than traditional versions but tastes brighter and fresher With concise clear directions Jacques shares the secrets of his kitchen He teaches you how to season a salmon fillet perfectly and cook it in a low oven right on the serving platter You'll learn how to make a satisfying homemade vegetable soup in seconds a baked potato in half the usual time and a succulent roast that takes minutes not hours to prepare He also shows you how to create elegant meals from convenience foods a bean dip that will keep guests coming back for more silky soups and caramelized peaches made from canned peaches With Jacques Pépin Fast Food My Way at your side the best food is always the simplest French cooking Pépin reminds us is not just a matter of technique it's a matter of chic Publishers Weekly

Copycat Cookbook Gordon Ripert,2021-04-08 Would you like to eat your favorite restaurant recipes at home saving time and money Are you tired of paying overpriced meals and waiting hours in queue at the restaurant Well just keep reading and you'll start cooking like a restaurant chef before you know it Everyone likes to dine out every once in a while a date night with a significant other a family dinner at a nice restaurant lunch out or coffee with friends at a local café or even a quick drive by at a favorite fast food place There's just something about eating out that whether alone or with company which

makes eating all the more enjoyable Maybe you think that you ll never be able to recreate the food you order at Outback Steakhouse Starbucks or McDonald s So you go in there wait in line for what seems like an eternity and then pay for food that you know is way overpriced But what if you didn t have to go through all that What if you could be munching on a Cinnabon you made right in your own home Maybe you already know that copycat recipes can taste very similar to the restaurant recipes But you need to be careful if you really want to replicate your favorite original restaurant specials at home you must make sure that you are following clear detailed and trustworthy instructions BUT DON T WORRY all you have to do is to follow the teaching of this book There is a wide range of FOOD CATEGORIES breakfast appetizers salads side dishes mains burgers desserts drinks and much more Inside you will discover Secret Recipes from over 10 FAMOUS RESTAURANTS or FAST FOOD such as Bob Evan s Cracker Barrel Olive Garden Applebee s PF Chang s and McDonald s Cheesecake Factory Subway Krispy Kreme and much more Special tips and tricks to get the most from your cooking experience The closest estimates of the calories and macro nutrients associated with each recipe that you would prepare at home If you have been struggling to prepare dishes in your kitchen with the restaurant perfection and you want to be an expert without spending much on cooking classes then this book is perfect for you Get this book TODAY **Step-By-Step Copycat Recipes** Amanda Hill,2021-03-26 55% OFF for Bookstores NOW at 15 29 instead of 33 97 LAST DAYS Your Customers Never Stop to Use this Awesome Cookbook Step By Step Copycat Recipes If you want to replicate your favorite restaurant dishes at home saving time and money then keep reading Everyone likes to dine out every once in a while a date night with a significant other a family dinner at a nice restaurant lunch out or coffee with friends at a local caf or even a quick drive by at a favorite fast food place There s just something about eating out that whether alone or with friends makes eating all the more enjoyable Maybe you think that you ll never be able to recreate the food you order at Outback Steakhouse Starbucks Chipotle or Applebee s So you go in there wait in line for what seems like an eternity and then pay for food that you know is way overpriced But what if you didn t have to go through all that No leaving the house no waiting in line and no spending money on expensive food just the amazing taste of your beloved restaurant dishes and the satisfaction that you could recreate them in your kitchen The main objective of this Copycat book is to bring you kitchen tested recipes that taste just like the ones in your favorite restaurants Inside you will discover some of your favorite recipes from well known restaurants from all over America Some of the recipes you will find inside this fully illustrated copycat recipe cookbook include Pei Wei s Spicy Chicken Panda Express s Orange Chicken Olive Garden Applebee s Cheesecake Factory Chipotle Starbucks IHOP Chili s Red Lobster TGI Friday s Cracker Barrel McDonalds Carrabba s P F Chang Outback Steakhouse And much more So what are you waiting for Buy it NOW and let your customers get addicted to this amazing book Copycat Recipes Brenda Loss,2020-10-23 THE ULTIMATE COPYCAT RECIPES COOKBOOK If you want to replicate your favorite restaurant dishes at home saving time and money then keep reading Everyone likes to dine out every once in a while a date

night with a significant other a family dinner at a nice restaurant lunch out or coffee with friends at a local caf or even a quick drive by at a favorite fast food place There s just something about eating out that whether alone or with friends makes eating all the more enjoyable Maybe you think that you ll never be able to recreate the food you order at Outback Steakhouse Starbucks Chipotle or Applebee s So you go in there wait in line for what seems like an eternity and then pay for food that you know is way overpriced But what if you didn t have to go through all that No leaving the house no waiting in line and no spending money on expensive food just the amazing taste of your beloved restaurant dishes and the satisfaction that you could recreate them in your kitchen The main objective of this Copycat book is to bring you kitchen tested recipes that taste just like the ones in your favorite restaurants Inside you will discover some of your favorite recipes from well known restaurants from all over America Some of the recipes you will find inside this fully illustrated copycat recipe cookbook include Pei Wei s Spicy Chicken Panda Express s Orange Chicken Olive Garden Applebee s Cheesecake Factory Chipotle Starbucks IHOP Chili s Red Lobster TGI Friday s Cracker Barrel McDonalds Carrabba s P F Chang Outback Steakhouse And much more Read on your favorite devices such as Kindle iPhone iPad Android cellular phone tablet laptop or computer with Amazon s free reading Kindle App So what are you waiting for Scroll back up and click the BUY NOW button at the top right side of this page for an immediate download

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Table of Contents Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites

1. Understanding the eBook Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
 - The Rise of Digital Reading Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
 - Advantages of eBooks Over Traditional Books
2. Identifying Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
 - Personalized Recommendations
 - Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites User Reviews and Ratings
 - Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites and Bestseller Lists

5. Accessing Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites Free and Paid eBooks
 - Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites Public Domain eBooks
 - Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites eBook Subscription Services
 - Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites Budget-Friendly Options
6. Navigating Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites eBook Formats
 - ePub, PDF, MOBI, and More
 - Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites Compatibility with Devices
 - Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
 - Highlighting and Note-Taking Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
 - Interactive Elements Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
8. Staying Engaged with Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
9. Balancing eBooks and Physical Books Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites

- Setting Reading Goals Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
- Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
 - Fact-Checking eBook Content of Fast Food Fix 75 Amazing Recipe Makeovers Of Your Fast Food Restaurant Favorites
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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