

Living on fast food slowly



As we talked about yesterday, the Halloween BBQ party is over. What is *left* over from that is packed away in my freezer. For the next several weeks, I'll be living on fast food slowly.

Rarely living on fast food

It's not something I do often, eat from fast food places. I wouldn't say it's a health-conscious decision. I like some of that fast food.

No, I just have so much of my own cooking to eat. Plus, at

least a couple of times a week, I'm having lunch with the parentals. Add in the occasional friend lunch/dinner and there's really little need to visit the fast food places.

Living out of my freezer

Except after BBQ's. I work hard to ensure food doesn't run out. Granted, I ended up with too little broccoli this time, but the main food is where I concentrate my efforts.

So, there is always a good amount in the freezer. This includes about a half dozen burgers and a dozen or so hot dogs.

Avoiding repeating myself

I do not like to eat the same food on consecutive days. Even when I really like the food, I try to insert more variety into my daily food choices.

Generally, I don't have fast food in the house. And, with my penchant for spreading out my eating choices, whatever fast food (i.e., burgers and the like) I do have gets whittled away very slowly.

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Now, sure, technically, food I'm buying and cooking myself ups

the quality and freshness factor beyond standard fast food fare. I'll give you that.

But, I still have a freezer that has many foil-encased burgers and dogs leftover from my Halloween BBQ party. It's fast food by any other name.

I look at it as a long-term commitment. For a good while, I'll be living on fast food slowly.