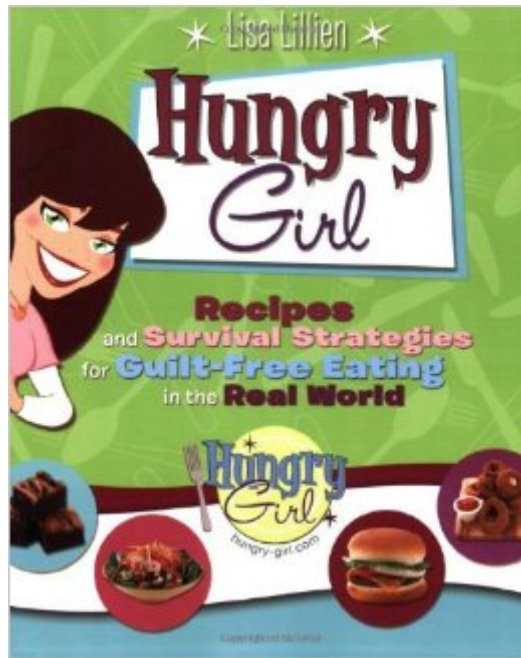


The book was found

Hungry Girl: Recipes And Survival Strategies For Guilt-Free Eating In The Real World



Synopsis

Do you want to eat burgers, chocolate cake, frozen margaritas, fudge, and French fries •and still fit into your pants? Is life not worth living without brownies and onion rings? Do you want a surefire way to tame your cravings? From breakfast ideas and chopped salads to guilt-free junk food and cocktails, Hungry Girl recipes taste great but are low in fat and calories. Check it out!â ¢ Eggs Bene-Chick: 183 caloriesâ ¢ Bring on the Breakfast Pizza: 127 caloriesâ ¢ Ooey Gooey Chili Cheese Nachos: 216 caloriesâ ¢ Big Bopper Burger Stopper: 202 caloriesâ ¢ Dreamy Chocolate Peanut Butter Fudge: 65 caloriesâ ¢ Lord of the Onion Rings: 153 caloriesâ ¢ Rockin' Tuna Melt: 212 caloriesâ ¢ 7-Layer Burrito Blitz: 277 caloriesâ ¢ I Can't Believe It's Not Sweet Potato Pie: 113 caloriesâ ¢ Cookie-rific Ice Cream Freeze: 160 caloriesâ ¢ With easy instructions, simple steps, and hilariously fun facts and figures, Hungry Girl recipes are as fun to read as they are to make!And when you're not in your kitchen, check out HG's 10 mini survival guides, plus tips 'n tricks that'll help you make smarter food choices anywhere, anytime!

Book Information

Paperback: 336 pages

Publisher: St. Martin's Griffin; Ill edition (April 29, 2008)

Language: English

ISBN-10: 0312377428

ISBN-13: 978-0312377427

Product Dimensions: 7.5 x 0.9 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (477 customer reviews)

Best Sellers Rank: #244,259 in Books (See Top 100 in Books) #71 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #177 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #306 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

In my years of subscribing to the HG Web site and now using this book, it has occurred to me that there are many different philosophies of dieting and weight loss/maintenance. There are WAY more than two, but for the purposes of this review I am going to boil it down:1. Eat super healthy, nonprocessed, preferably organic foods. Make whole grains, fruits and veggies the mainstays of your diet. Severely curtail fats, oils and sugar. When you want to indulge, enjoy one small portion of

something "real" -- i.e. one sliver of chocolate cake, one square of dark chocolate, one cookie, or the like. [And exercise.] People who follow this approach are probably more likely to never snack between meals (or eat only fruits and veggies as snacks), avoid "100-calorie-packs," eschew artificial sweeteners and diet sodas, etc.². Follow the above philosophy to the extent that your time and lifestyle allow, but lean on processed low-cal foods to (a) save cooking/prep time and (b) enjoy modified versions of the "junky" foods you feel deprived of when you are dieting or have to eat low-cal in order to maintain your weight. [And exercise.] People who take this approach are probably the lion's share of 100-calorie-pack purchasers, more likely to use artificial sweeteners, drink diet sodas, and so on. What you have to understand about HG author Lillen is that her Web site and book are tools for those who adopt approach #2. She states repeatedly that she isn't a nutritionist or a dietitian, and she makes no claim for the "healthfulness" of her recipes. They do lean on processed ingredients and tend to contain a lot of sodium, artificial sweetener and chemical ingredients.

[Download to continue reading...](#)

Hungry Girl: Recipes and Survival Strategies for Guilt-Free Eating in the Real World Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Food Allergies:: Hungry Girl has the Recipes : Book 3 (Hungry Girl Cookbooks) Hungry Girl 1-2-3: The Easiest, Most Delicious, Guilt-Free Recipes on the Planet No-Bake Cheesecake: 40 Low-Carb, No-Bake Cheesecake Recipes That You Can Indulge in Without Guilt (Guilt-Free Desserts) Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Guilt Release, Let Go of Guilt and Shame: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Ice Cream: Ketogenic Homemade Ice Cream (Paleo / Gluten Free): 20 Low-Carb, High-Fat, Guilt-Free Recipes Easy Breadmaking for Special Diets : Wheat-Free, Milk-

And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber
Survival Communication: 20 Proven Lessons to Stay In Touch With Your Family When the World
Goes Silent: (Prepper's Guid, Survival Guide, Survivalist, Safety, ... Survival Skills Book) (Survival
Books) Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free,
Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre Investigating Eating Disorders
(Anorexia, Bulimia, and Binge Eating): Real Facts for Real Lives (Investigating Diseases) Gluten
Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious
Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a
Budget Book 6) Guilt-Free Low Carb Box Set (6 in 1): Over 200 Stir Fry, Spiralizer, Freezer, Mug
Meals, Tea Cleanse, Ice Cream Recipes for Healthy and Pleasurable Weight ... (Special Appliances
& Weight Loss Recipes) Healthy Slow Cooker Recipes: 25 Quick, Easy and Low-Calorie Recipes
For Guilt-Free Meals Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you
kidding me?: All natural and 99% organic recipes that are quick and easy to prepare.

[Dmca](#)