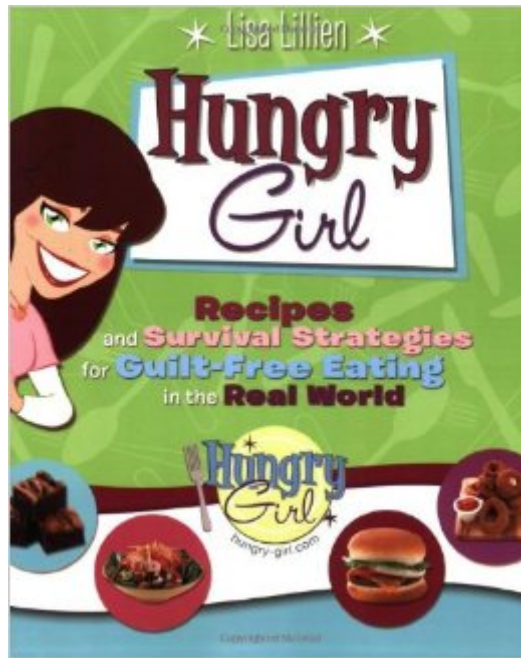


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Hungry Girl: Recipes And Survival Strategies For Guilt-Free Eating In The Real World



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! • Eggs Bene-Chick: 183 calories • Bring on the Breakfast Pizza: 127 calories • Ooey Goey Chili Cheese Nachos: 216 calories • Big Bopper Burger Stopper: 202 calories • Dreamy Chocolate Peanut Butter Fudge: 65 calories • Lord of the Onion Rings: 153 calories • Rockin' Tuna Melt: 212 calories • 7-Layer Burrito Blitz: 277 calories • I Can't Believe It's Not Sweet Potato Pie: 113 calories • Cookie-rific Ice Cream Freeze: 160 calories • 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

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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 "junk" 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.

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