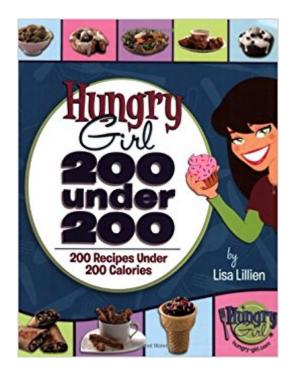
The book was found

Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories





Synopsis

Hungry Girl mania is sweeping the nation! The New York Times bestselling phenomenon delivers even more yum-tastic recipes in an easy-to-use cookbook containing 200 Hungry Girl recipes all under 200 calories. Recipes include: * H-O-T Hot Boneless Buffalo Wings * Sassy Southwestern Roll-Ups * Cheesy-Good Cornbread Muffins * Holy Moly Guacamole * HG s So Low Mein w/Chicken * Cheeseburger Lettuce Cups ;* Chocolate Chip Cookie Crisp Puddin Shake * Swirls Gone Wild Cheesecake Brownies * Personal Pretzel-Bottomed Ice Cream Pie, and many more.Told with Lisa's signature wit and sassy style, these recipes are as fun to read as they are to make!

Book Information

Series: Hungry Girl Paperback: 352 pages Publisher: St. Martin's Griffin; 1 edition (April 14, 2009) Language: English ISBN-10: 0312556179 ISBN-13: 978-0312556174 Product Dimensions: 7.5 x 0.9 x 9.1 inches Shipping Weight: 1.7 pounds (View shipping rates and policies) Average Customer Review: 4.5 out of 5 stars Â See all reviews (658 customer reviews) Best Sellers Rank: #146,598 in Books (See Top 100 in Books) #134 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #437 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #621 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

I had the first book and, although I don't make many of the recipes, thought it was worth buying book 2. Most of the people who give her books bad reviews complain about the processed foods and lack of nutrition. She never claims that it is a nutrition book, she clearly states that she is just making the best food she can for the fewest calories. If you want to add nutrition, add a side of baby spinach with a splash of apple cider vinegar, like a side salad, with only 10 cals, or something along those lines, and you're fine. Take this book for what it is, an idea book, with a few "recipes". Change the fat free cheese for regular, just use half as much, use light milk instead of soy (it only a few calories differece, anyway) Just figure out what is worth spending the few extra calories on, and modify, for pete's sake. Use common sense if you don't want to use all the "fake" stuff. There are a

few great recipes that my whole family loves. There is a "hot pocket" style sandwich using low carb wraps and of course, laughing cow cheese, and its warmed in a pan with PAM. I've used this style with lean hamburger (my substitution) and pickles; pizza sauce with the turkey pepperoni she reccommends; and eggs with spinach, with a sprinkle of real cheese. This may not be the healthiest lunch around, but its a heck of a lot better than fast food, or frozen kids entrees, and just as quick to make, and, even with my "non- fake" substitions, around 200 calories. I make a lot of the cupcakes as-is from the book, and my kids love those, too. There is a "mousse" with FF cool whip and peanut butter that has enough PB to satisfy my craving for it, with less than half the fat and calories. So, I find this to be like many of the other cookbooks I own.

Download to continue reading...

Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories Food Allergies:: Hungry Girl has the Recipes : Book 3 (Hungry Girl Cookbooks) Good Calories, Bad Calories Counting Calories: How to Count Calories and Lose Weight Fast (Low Carb Food List: What to Eat While on a Low Carb Diet) 30 Under 300: healthy, unique recipes under 300 calories (gluten free, sugar free, dairy free, vegan) Hungry Girl 1-2-3: The Easiest, Most Delicious, Guilt-Free Recipes on the Planet Hungry Girl: Recipes and Survival Strategies for Guilt-Free Eating in the Real World Delicious Dessert Recipes Under 160 Calories. Naturally, Healthy Desserts That No One Will Believe They Are Low Fat & Healthy (Diet Cookbooks, Cookbook healthy Collection) The Skinny Steamer Recipe Book: Delicious Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories Eat What You Love--Everyday!: 200 All-New, Great-Tasting Recipes Low in Sugar, Fat, and Calories Eat More of What You Love: Over 200 Brand-New Recipes Low in Sugar, Fat, and Calories The Hungry Girl Diet: Big Portions. Big Results. Drop 10 Pounds in 4 Weeks Now Eat This!: 150 of America's Favorite Comfort Foods, All Under 350 Calories liluminacià n / Lighting: 200 trucos en decoracià n / 200 Tricks in Decoration (200 Trucos / 200 Tricks) (Spanish Edition) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Recipes Free) Jello Shot Recipes: 55 Fun & Creative Jello Shot Recipes for your Party (Jello Shots, Jelly Shots, Party Recipes, Jungle Juice, Punch Recipes, Vodka Recipes, ... Rum Recipes, Cocktail Recipes, Wine Making) The Mega Crockpot Recipes Box Set: Crockpot Recipes, Slow Cooker Recipes, Crock pot Recipes, Dump Dinner Recipes, Quick Meal Recipes: Over 300 All Time ... Recipes For You & Your family (99+1 Book 4) Ketogenic: The Ultimate Keto Diet Guide & 100 Recipes: Bonus 7 Day Meal Planner - Burn Fat Fast & Stop Counting Calories Forever (Ketogenic Diet Cookbook) Eat To Live:

350 Slow Cooker Recipes That Will Save You Time & Calories

<u>Dmca</u>